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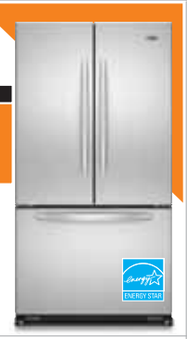

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 25

Thursday, June 12, 2014

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OTTAWA metro®

NEWS WORTH SHARING.

NO BOY BANDS
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Art franchise may have claws
Owner of a local 4Cats studio location ordered to shut her doors PAGE 3

Apple juice with a kick
These artisanal ciders are worth a taste PAGE 30

Activist gets 15 years
Sentence comes during government crackdown in Egypt PAGE 12

WORLD CUP FEVER: 3-2-1...
TECHNOLOGY ABOUNDS AT THIS YEAR'S TOURNEY, STARTING WITH AN IRON MAN-ESQUE KICKOFF AT OPENING CEREMONIES PAGE 17

McDonald's witholds report in alleged milkshake tampering

Special ingredient?
Family says shake burned son's mouth

A Gatineau family wants to find out what was in their then-five-year-old son's McDonald's milkshake, which they allege made the boy's tongue burn, his stomach ache and may have led to him being unable to gain weight.

Jon Hansen worries his son may have future complications and says he has been fighting with McDonald's for almost a year to release a report that he says discloses that a compound was added to the chocolate milkshake.

McDonald's Canada spokesperson Jason Patuano said the company launched an internal investigation after the incident and tested the affected milkshake through an independent lab.

He said the results were inconclusive, but would not share the report with Metro.

The dispute started July 22 last year when Hansen and his family went to the drive-thru at the Buckingham McDonald's to get french fries and milkshakes. The English-speaking family said they were ridiculed for not speaking French in the drive-thru. When they got their order, Hansen said the fries "had been stomped on" and his young son said his milkshake "tasted funny."

"He said it was pepperminty. He didn't mean it was sweet like peppermint, he meant it burned his mouth," said Hansen. "I took a sip of it and my tongue felt like it was on fire and it actually burned that night until 11 o'clock."

Hansen says he went back into the store and confronted the owner, who he says refused to taste the shake. The family then rushed their child to hospital and was advised to call poison control. With only minor effects — burning of the mouth and a stomach ache — Hansen was told to monitor his son and to return to emergency if his condition worsened.

Hansen says his son's tastes have changed: He doesn't like chocolate anymore and has been unable to gain any weight over the last year. He worries future complications may come up and without knowing what was in the shake, doctors can't fully assess what, if any, damage has been done. They have been fighting with the company to get a copy of the internal investigation. An email from Hansen's lawyer Thomas Hunter of Grant & Dawn Lawyers Professional Corporation in Ottawa says the test revealed there was a, "small amount of store-related compound in the milk shake." But the alleged test results in the email from Hunter are contradicted by Patuano.

"Unfortunately, the lab was unable to determine the source, however was able to confirm that there were no cleaning solutions contained in the child's milk shake as was originally alleged," Patuano wrote in an email to Metro. "We also confirmed that a total of 63 milkshakes were sold in the restaurant that day without any other complaints being reported."

Hansen said McDonald's lawyers first offered his family a settlement of $1,000, then $3,000 and then $50,000 when they insisted on seeing the report. Patuano would not comment on the alleged settlement offer saying only his firm has tried unsuccessfully to reach an "equitable resolution" with the family. TREVOR GREENWAY/METRO

Six-year-old Pierce Hansen and his parents Jon Hansen and Jennifer Cameron show the McDonald's milkshake that he drank at a Buckingham restaurant last summer and that was allegedly contaminated. TREVOR GREENWAY/METRO

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4Cats owner Emaly Galeano sits in her studio in Hintonburg. She's been ordered to shut down amid a legal battle with the corporation. TREVOR GREENWAY/METRO

No more lives for 4Cats Arts Studio

Legal battle. Owner forced to shut doors, files suit against franchise

TREVOR GREENWAY
trevor.greenway@metronews.ca

The owner of a franchised art school for kids has been ordered to shut her doors amid a bitter legal batter over profit sharing with the corporation.

Emaly Galeano opened 4Cats Art Studio four years ago and has been continually losing money. She has grown her business from a small school of two kids to one with 350 active students and can't understand why she isn't yet turning a profit.

"We were continually requesting things such as transparency on where our marketing fees are going and to provide us with an actual account of a profitable business model — who is making it work and how," said Galeano, somberly, taking down scores of children's paintings from her studio walls.

"Those questions were never answered."

Galeano is not alone. According to her lawyer Jennifer Pocock of Sotos law firm, there are 10 fellow franchise owners in B.C., California and South Carolina who have launched a legal action against the corporation.

"In essence, the claim is one based on no one (being) able to derive any profits from this franchise system," said Pocock. "This claim revolves around sharing profits and the franchisees claim that the franchiser hasn't shared the profits from the system."

The group is seeking damages in the range of $4 million.

Galeano said she invested around $100,000 since she opened her doors and has not gotten any return investment.

But worse than the lost cash is the fact that Galeano can no longer teach art in the community. She even has to abide by a two-year non-compete clause.

"I love art. I love these kids," she said, wiping tears. "I put so much love into this place. I was given 10 days to close. We were literally left with nothing."

The sudden closure has left families out money they paid for future classes, summer camps and birthday parties. Head office at 4Cats did not respond to Metro's queries, but an email to parents that was obtained by Metro states that the "former owner of 4Cats Hintonburg will be in touch to arrange refunds," for those signed up for classes beyond June 17. Galeano, meanwhile, says she can't pay for the refunds as the money has already been spent.

Quoted

"I put so much love into this place. I was given 10 days to close. We were literally left with nothing."

Emaly Galeano, owner 4Cats Art Studio

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The lost art of breastfeeding

CHEO study. Many Canadian doctors are not trained to teach new moms about techniques and resolving problems

LUCY SCHOLEY
lucy.scholey@metronews.ca

Physicians with good knowledge of breastfeeding tend to be female doctors with personal experience. PHOTOS.COM

Canadian doctors lack training and knowledge about teaching new moms how to breastfeed, a new study says.

The Children's Hospital of Eastern Ontario (CHEO) has found most physicians have "suboptimal" expertise on breastfeeding techniques, breast pumps and resolving problems like sore nipples or latching issues.

Dr. Catherine Pound, pediatrician and lead author of the study at CHEO, said part of the problem is that breastfeeding is not taught in most residency programs.

"If you're not taught how to help a mom with breastfeeding problems, you can tell her until you're blue in the face that it's better for her to breastfeed," she said. "If you can't technically help her, it's very hard."

Medicine is still a male-dominated field, which means most doctors do not have the practical experience of breastfeeding to pass along to patients.

According to the study, those doctors with more knowledge about breastfeeding tended to be female, aged 30-50 and with personal experience.

Formula feeding, which became more popular in the first half of the 20th century, could also factor in to this problem, Pound said.

"People just stopped knowing how to breastfeed," she said.

"This was never really part of the physician education because pediatrics, as a specialty, started evolving when formula-feeding became more and more prevalent."

As hospitals got busier, it became easier for doctors to administer formula to new moms rather than work through breastfeeding issues.

Pound said breastfeeding reduces the risk of infections and gastrointestinal illnesses. It also decreases the chances of breast cancer and therefore cuts the rate of hospital admissions.

Pound said she's working on a new breastfeeding curriculum to implement in pediatrics and family residency programs, but it likely won't be in place for another five to 10 years.

CHEO surveyed 1,429 pediatricians and 1,329 family physicians by mail.

Looking for spots to watch World Cup? Try these

Armenia's goalie Roman Berezovskiy and Italy's Mario Balotelli vie for the ball during a World Cup 2014 qualification match in Naples last October.
GERGORIO BERGIA/THE ASSOCIATED PRESS

Footie fans with World Cup fever will finally find their cure this week.

Brazil will take on Croatia in the first game of the soccer series on Thursday at 4 p.m.

Those looking to get off the couch for a match have a pick of venues in the city, including these:

Where can I cheer on Brazil?

The Heart & Crown in the ByWard Market will be your venue. A group of Brazilian fans has reserved seats for every game, so get there early if you want to cheer on the World Cup host team.

What if England is my team?

Georgetown Pub, at 1159 Bank St., is a popular spot for fans of the Three Lions.

What about Italy?

If only if there was a special neighbourhood in Ottawa where Italy fans could gather...

St. Anthony's Banquet Hall, at 523 St. Anthony St., is the known hub for Little Italy. There will be a big screen set up outside, with a cash bar inside.

If you like meatball subs, head to the Prescott. Or you could wander Little Italy until you find enough seats for you and your friends.

This year, the start of the series happens to coincide with Italian Week.

Hup, Holland, Hup!

Apparently, Ottawa has never had a World Cup Dutch headquarters until this year. So Hooley's Bar, at 292 Elgin St., is opening doors to Ottawa's Holland fans. Head there Friday, June 13, at 3 p.m. for the Spain vs. Holland game — and every Dutch game thereafter.

I don't have a particular team. I'm just out for a good time.

Mansion Nightclub, at 400 Dalhousie St., will be broadcasting all the games and collecting a $2 or $3 cover charge for the Children's Hospital of Eastern Ontario (CHEO). Or head to any pub in the ByWard Market. Or any pub in the city.

But I don't want to buy food or drinks.

The World Exchange Plaza will be broadcasting games on its screens during business hours (6 a.m. to 6 p.m.).

LUCY SCHOLEY/METRO

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A group of 26 former and current employees of the Canada Revenue Agency won $32,685,304.80 in the June 6 Lotto Max draw. Group captain Philippe Bussiere had the ticket in a coffee mug on his desk. When he told people about the win, "I heard a lot of joyous screaming on the phone," Bussiere said. CONTRIBUTED

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A Grade 5 Century Public School student performs a hoop dance in the Our Dreams Matter Too Commemorative Walk while fellow participants watch. DENIS ARMSTRONG/FOR METRO

Young activists call for equity among First Nation schools

Fisher Park PS.
Student march, usually planned for Parliament Hill, moved to school auditorium because of thunderstorms

DENIS ARMSTRONG
ottawa@metronews.ca

MP for Timmins-James Bay Charlie Angus and fellow parliamentarians Romeo Saganash, Genest Jourdain, Jean Crowder and Carol Hughes joined 300 students from nine Ottawa schools at Fisher Park Public School on June 11 for the third annual Our Dreams Matter Too Commemorative Walk to support equity for First Nation schools.

After a ceremonial opening hoop dance, student activists from Glashan, Immaculata, Pierre Elliot Trudeau, Fisher Park and other public schools read letters to the federal government for better public support of education on First Nations reservations.

Later, Angus channelled a bit of his rock star roots and performed his song Diamonds in the Snow, a song he wrote for Shannen Koostachin, the first Nation's student from Attawapiskat First Nation who in 2007, marched on Parliament Hill for better funding for First Nation schools.

The federal government had backed away from building a new school — for a third time — after it was found that the original school building was built on ground contaminated by diesel fuel.

Koostachin turned to YouTube and Facebook to launch the Students Helping Students campaign for a new school for Attawapiskat and in doing so, created one of Canada's largest youth-driven movements.

In 2009, at age 14, she was nominated for the International Children's Peace Prize. The following year, she was killed in a car accident while commuting to school in New Liskeard, Ontario.

In 2012, at the urging of MP Charlie Angus, the federal government finally broke ground on a new school for the reserve.

"I see what my cousins on the Cape Crocker reserve have to go through just to get to school," said Danielle Lanouette, 17, a student at Immaculata High School.

"I get emotional speaking about it because education is a basic human right for everyone except Native children. It's not fair," she said.

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Gala to ignite funds for aboriginal health centre

Carlie Chase, the Wabano Centre for Aboriginal Health's Director of Initiatives, sums up the centre's mission statement in two words: Being well, and well-being.

Every year, the health centre provides health care, outreach programs and social support services to more than 10,000 aboriginal and non-aboriginal people every year.

By offering health services to both aboriginal and non-aboriginal people, she says, the Wabano Centre for Aboriginal Health not only nurtures ailing individuals back to good health, but also helps ailing communities with a sense of well-being.

The Wabano Centre hosts its 9th annual "Igniting the Spirit" gala at the Hampton Inn on Wednesday, June 18. The estimated $150,000 it hopes to raise will go to fund programs and a major 25,000-square-foot addition that was completed in 2013.

"Aboriginal culture is about well-being," said Chase, the centre's director of initiatives.

"It's about feeling balance and connected to your environment in a healthy way. That's a unique part of our aboriginal culture we want to share each and every day," he added.

Dancers are seen performing at the 2013 Igniting the Spirit benefit gala for the Wabano Centre for Aboriginal Health. CONTRIBUTED

The evening features a four-course dinner with aboriginal cuisine and entertainment with Metis jazz and blues singer Andrea Menard, an aboriginal dance company, and a live and a silent auction with Ottawa philanthropist John Rogers acting as auctioneer.

Shelagh Rogers, host of CBC radio's The Next Chapter will be the evening's MC.

Tickets for the Igniting the Spirit event are $200 and are available online at wabano.ca.

DENIS ARMSTRONG/FOR METRO

Quoted

"This is a place for everyone in the community."

Charlie Chase, director of initiatives for the Wabano Centre Aboriginal Health

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Crew of strippers drugged men to run up credit cards: Cops

Undercover investigation. NYPD allege women devised scheme to take men for at least $200,000

A crew of New York City women who worked as strippers allegedly scammed wealthy men by spiking their drinks with illegal synthetic drugs, then driving them to strip clubs that ran up tens of thousands of dollars on their credit cards while they were too dazed to stop it, authorities said Wednesday.

None of the men were identified by name in court papers.

U.S. Drug Enforcement Administration and New York Police Department investigators arrested four women — all described as professional strippers — earlier this week on charges including grand larceny, assault and forgery.

One of the women was expected to appear in court in Manhattan on Wednesday following appearances Tuesday by the other three, including suspected ringleader Samantha Barbash.

Barbash's attorney, Stephen Murphy, said Wednesday that his client denies the charge, and declined further comment.

Samantha Barbash, center, is escorted by law enforcement officers following her arrest in New York on June 9. DEA/THE ASSOCIATED PRESS

The men reported waking up in their cars or in hotel rooms with little or no memory of the encounters. Those who tried to dispute the strip club bills received texts from the strippers threatening to go public with their transgressions, authorities said.

THE ASSOCIATED PRESS

New York

Feds sue health-care firm that forced employees to say I love you

A U.S. federal agency says a health-care firm forced employees to join prayer circles, thank God for having jobs and say "I love you" to co-workers and managers.

The U.S. Equal Employment Opportunity Commission filed a discrimination lawsuit Wednesday against United Health Programs of America and its parent company, Cost Containment Group.

The agency says employees who objected were disciplined or terminated. It is asking a judge to stop the practices and ensure employees receive back pay and other compensation.

THE ASSOCIATED PRESS

New Jersey. Driver pleads not guilty in accident that injured Tracy Morgan

A truck driver pleaded not guilty Wednesday in the fatal New Jersey Turnpike crash that also injured comedian Tracy Morgan as investigators look into what role his long commute to work played in the accident.

Walmart driver Kevin Roper lived in Georgia, but his job was based in Delaware, National Transport Safety Board spokeswoman Kelly Nantel said.

A criminal complaint alleges Roper hadn't slept for more than 24 hours when he allegedly swerved to avoid slowed traffic and plowed into Morgan's limo on Saturday.

Walmart said it believes he was in compliance with federal safety regulations.

A conviction on a death by auto charge carries a five- to 10-year prison sentence. Each assault by auto charge is punishable by up to 18 months in prison.

Tracy Morgan THE ASSOCIATED PRESS FILE

Morgan suffered a broken femur, a broken nose and several broken ribs. His friend and fellow comedian James McNair was killed. THE ASSOCIATED PRESS

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Air Canada denies claims it gouged officers flying to Moncton funerals

Online claims. Airline fights back against social media rumours, says it offered discounts, free charter flights to police 'travelling to pay their respects' to slain RCMP

RCMP officers march in the funeral procession on their way to the regimental funeral for three slain RCMP officers in Moncton, N.B., Tuesday. Air Canada pushed back Wednesday at critics who complained the company gouged RCMP and other law enforcement officers flying to the funerals. MARC GRANDMAISON/THE CANADIAN PRESS

Air Canada pushed back Wednesday at its critics on social media, who complained the company gouged RCMP and other law enforcement officers flying to the Moncton funerals of three slain Mounties.

The airline says it offered a 30 per cent discount on commercial fares to the RCMP to distribute to its people travelling to the funeral, added an extra Toronto-Moncton commercial flight to increase capacity, and put on two free charter flights from Toronto and Ottawa to Moncton.

The service costs of those charters were donated by employees and the fuel cost donated by "a partner," says Air Canada, which at first said it was reluctant to shift focus off the Moncton tragedy but was facing inaccurate information spreading online.

One commenter posted on Facebook page that the airline charged "$725 one-way" in contrast to lower fares of $195-$295 later in the week, but "could have flown those officers for free and never come close to affecting their bottom line.

"This is a disgrace … Shame on Air Canada," they added.

Peter Fitzpatrick, a spokesman for the airline, told Torstar Wednesday there was a range of low fares from $295 and up available to officers travelling to Moncton. He said the fares compared favourably to Air Canada's competitors, adding a bus costs $185 from Moncton to Toronto.

The airline's flights, even before the Moncton funerals, were already booked at record high rates of 80 per cent, he said.

On Tuesday, Fitzpatrick said, Air Canada operated two charter flights with Airbus A319 aircraft — which seat up to 156 passengers — from Toronto and Ottawa to Moncton, N.B. "to accommodate law enforcement officers travelling to pay their respects to their colleagues who recently lost their lives in the line of duty."

TORSTAR NEWS SERVICE

Slain N.B. Mountie's police dog will get a new partner

Const. Dave Ross's dog Danny during the funeral procession on Tuesday.
ANDREW VAUGHAN/THE CANADIAN PRESS

Danny, the RCMP police dog whose partner was killed in last week's shooting rampage, will eventually be teamed up with another handler.

The Mounties say once a new partner is chosen, Danny will spend time bonding with that officer before returning to the RCMP Police Dog Service Training Centre in Innisfail, Alta., for a three-week test.

The RCMP say they've received many inquiries from the media and members of the public about Danny's future following the death of Const. Dave Ross.

The RCMP say Danny and Ross were on the job together for less than a year before the shootings. THE CANADIAN PRESS

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'Sacred' Lac-Mégantic statue returns to base

Auto-body shop owner Gilles Perron looks at the restored statue of the Sacred Heart on Wednesday in Lac-Mégantic, Que. The statue, usually sitting in front of the St-Agnes church, was damaged by the towering flames during last July's train derailment that killed 47 people. The statue will be replaced on its base in time for the first-year anniversary events. PAUL CHIASSON/THE CANADIAN PRESS

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Egyptian activist sentenced to 15 years in prison for demonstration

Alaa Abdel-Fattah. Sentence comes in light of government crackdown on rights won in 2011 uprising

An Egyptian court on Wednesday convicted a prominent activist from the 2011 uprising of organizing an unauthorized protest and assaulting a policeman, sentencing him to 15 years in prison, in the latest blow to liberal activists at a time of rapidly eroding freedoms.

The sentence against Alaa Abdel-Fattah is the toughest against any of the secular activists behind the 18-day uprising that ended Hosni Mubarak's 29-year reign. It is also the first conviction of a prominent activist since former army chief Abdel-Fattah el-Sissi took office as president on Sunday.

In the 11 months since el-Sissi ousted the country's first freely elected president, the Muslim Brotherhood's Mohammed Morsi, authorities have launched a massive crackdown on Islamists, detaining at least 16,000 and killing hundreds. Secular activists opposed to what they see as the revival of Mubarak's police state have also been detained.

Security officials said that while Abdel-Fattah was convicted and sentenced in absentia, he did turn up at the Cairo courtroom later on Wednesday and was detained by police. The absentia sentencing means that he now faces an automatic retrial, although the conviction stands in the meantime.

Abdel-Fattah was accused of inciting an "unauthorized" demonstration on Nov. 26 against a clause allowing military trials for civilians in the draft of a new constitution, which was later adopted by referendum. Mona Seif, Abdel-Fattah's sister and one of the organizers of the Nov. 26 protest, said her brother attended the demonstration but denied he had organized it.

THE ASSOCIATED PRESS

Increasing divisiveness

The crackdown is being carried out in the face of a burgeoning insurgency by Islamic militants.

- As the government has moved to curb freedoms won in the 2011 revolt — including by enacting a law that severely restricts protests — pro-military media have stoked a resurgent nationalism and eagerly welcomed the return of a military man to the presidential palace.

In this Dec. 25, 2011, file photo, Egyptian prominent blogger Alaa Abdel-Fattah, centre, hugs his son, Khaled, his mother, Laila Soueif, and his sister Ahdaf Soueif, left, after his release, in Cairo. AMR HAFEZ/THE ASSOCIATED PRESS FILE

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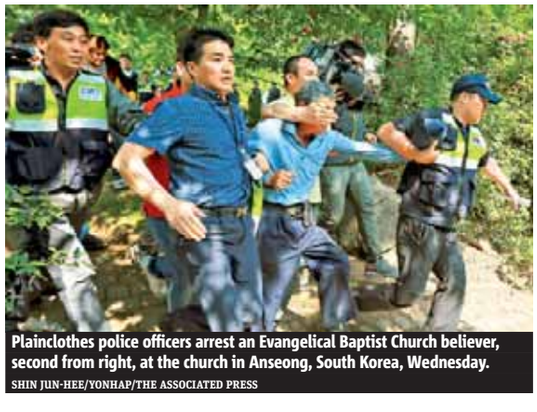
South Korea. Police raid church in search of man with ties to ferry disaster

Thousands of South Korean police officers stormed a sprawling church compound Wednesday in their hunt for a fugitive billionaire businessman over April's ferry sinking that left more than 300 people dead or missing, officials said.

Authorities believe the businessman, Yoo Byung-eun, owns the ship and that his alleged corruption may have contributed to the sinking. Police have been after Yoo for weeks and are offering a $500,000 reward for tips about him.

Yoo, 73, is a member of a group called the Evangelical Baptist Church, which critics say is a cult.

About 5,000 police officers, some wearing helmets and armed with plastic shields, raided the group's compound in Anseong, just south of Seoul, officers said on condition of anonymity, citing department policy. Four church members were detained for allegedly providing shelter to Yoo or helping him flee, police said. Another church member was detained for allegedly trying to obstruct the raid. THE ASSOCIATED PRESS



Plainclothes police officers arrest an Evangelical Baptist Church believer, second from right, at the church in Anseong, South Korea, Wednesday. SHIN JUN-HEE/YONHAP/THE ASSOCIATED PRESS

Oregon

Shooting victim was 'a good kid'

They stopped in fire lanes, on medians, in spaces so tight one man wedged his sedan between two cars and climbed out of his sun roof. They double-, triple- or quadruple-parked, spilling into driveways and crosswalks, disregarding every traffic law.

The loved ones of the children at Reynolds High School in the Portland, Ore., suburb of Troutdale knew that a student was shot to death during the second-to-last day of school. And they also knew the shooter was dead.

Details spilled out in fits and starts on Tuesday. The shooting started in a gym detached from the main school building. A 14-year-old boy named Emilio Hoffman was fatally shot in the boys' locker-room. Physical education teacher Todd Rispler also was in the gym and was grazed by a bullet.

Hoffman, who died, was the only teenage boy in his house, said Savannah Venegas, who dated him a year ago, "so (his mother) was very protective of him."

"He was such a good kid, a quiet kid," Venegas said.

THE ASSOCIATED PRESS

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Syrian woman survives 700-day blockade with books and little food

Under siege. 65-year-old says she only left her building about six times during blockade

Zeinat Akhras and her brother Ayman walk from their home to a church in Homs, Syria, on Thursday.
DUSAN VRANIC/THE ASSOCIATED PRESS

Over the course of the 700-day blockade, her world shrunk to her living room and her kitchen. She survived by eating plants and reading books. She refused to look in the mirror, because seeing her withered state might break her spirit.

Zeinat Akhras, a 65-year-old pharmacist, still bears the effects of nearly two years trapped in her home, surrounded by rebel fighters during the government's siege on the central Syrian city of Homs. She's still a wispy 83 pounds, even after gaining eight pounds since the blockade ended in early May with the fall of the rebels in the city.

"Every day, we said it will end tomorrow," Akhras said in a recent interview in her home. "If we counted the number of days, we would have given up."

Homs' Old City, a series of crowded neighbourhoods, was under siege and bombardment in a campaign by government forces to starve out rebels.

Akhras and her two brothers stayed because they feared rebels would seize their building — the fate of other abandoned homes — or would loot the family pharmacy or clothing shop.

In free hours trapped in her home, Akhras devoured books — the Bible and stories of saints, mostly.

Akhras initially didn't know on May 9 that the blockade had been lifted and government troops had entered the neighbourhood. She has no radio and did not listen to the news. In a rare outing to the well across her alleyway, she saw a man who told her, "The army is here."

Surprised, Akhras found a soldier and asked him for bread — still unaware of how skeletal she appeared. The soldier bought her two dozen pieces of pita bread.

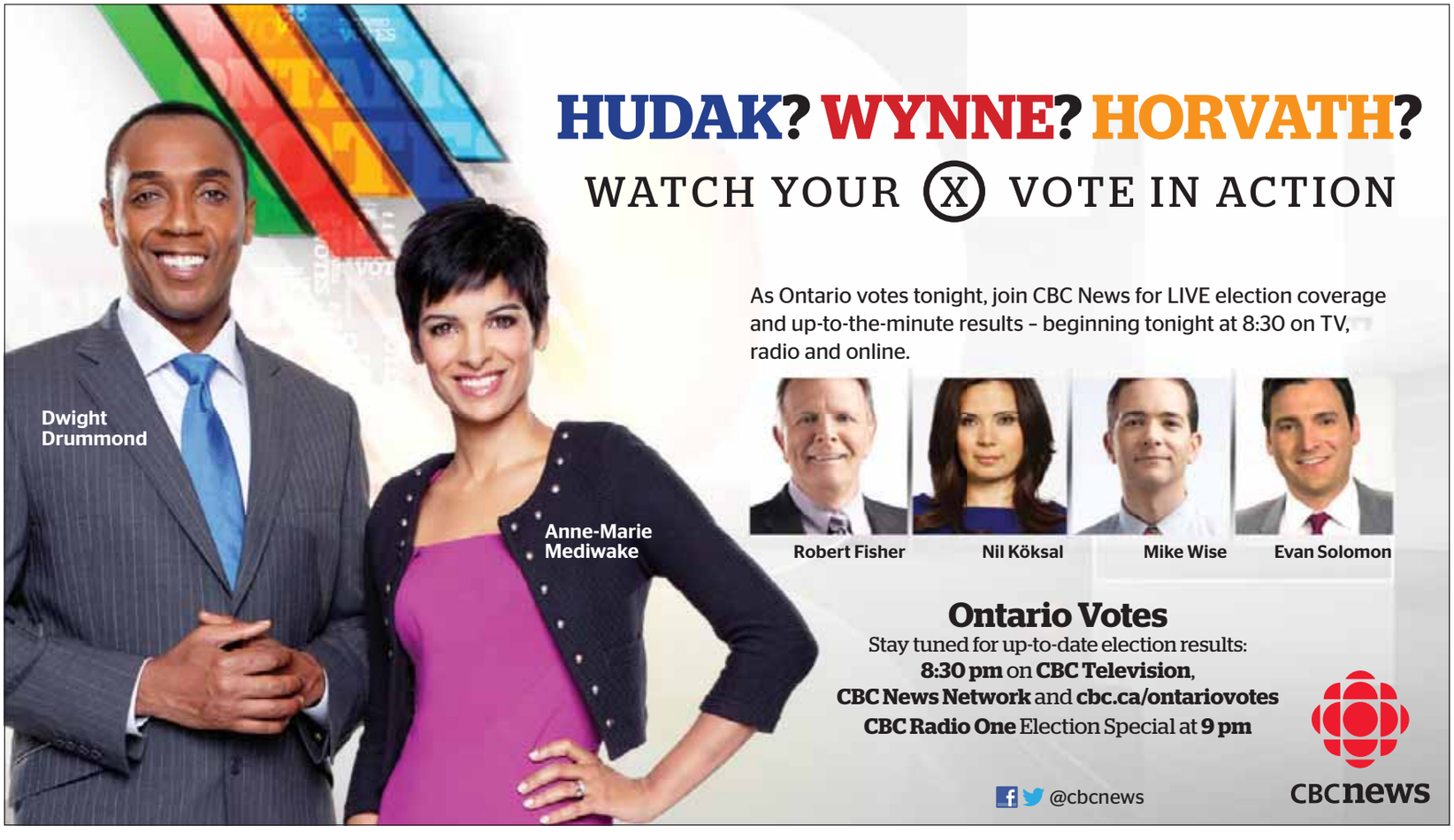
"I ate a whole piece of bread myself," she said, her eyes shining. "It tasted like sweets."

THE ASSOCIATED PRESS

Battleground

The city of Homs

Homs was one of the first to rise up against the rule of President Bashar Assad with protests in March 2011 turning the city into a battleground. Government forces clamped the seal over the opposition-held districts in early 2012. Most of the tens of thousands of residents of the areas had by then fled. With the siege dragging on, rebels began deserting as hunger spread, and morale collapsed in late 2013. Finally, the last few dozen fighters were evacuated in May to areas further north under a cease-fire, and government forces took control of the city.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It could have been the shrimp eating us

Nature magazine.
Researchers find fossils with a primitive jaw precursor, an adaptation that helped vertebrates rule the world

A hungry homo sapiens tucking into a plate of shrimp may not realize what a stunning reversal of fortunes her dinner represents.

In the primordial seas where life first proliferated, arthropods — the animal family that includes present-day crustaceans — dominated in number and in size, preying on our worm-like vertebrate ancestors with impunity.

But 500 million years later, vertebrates now sit at the top of the food chain, as any Red Lobster proves.

On Wednesday, researchers from Toronto and Cambridge announced they had discovered 44 fossils of a primitive fish that bear a key adaptation responsible for the later success of vertebrates, including humans.

Chipped out of the Canadian Rockies two summers ago, the fish fossils show a long-hypothesized but never-before-seen moment: the primitive precursors of the jaw.

"It was a major event in the evolution of vertebrates. After the creation of jaws, vertebrates were able to capture prey and (chew) food," said Jean-Bernard Caron, an invertebrate paleontologist at the Royal Ontario Museum and the University of Toronto who co-authored the Nature paper announcing the specimens. TORSTAR NEWS SERVICE

A depiction by Nature magazine of the sea creature Metaspriggina.
CONWAY MORRIS, JEAN-BERNARD CARON, MARIANNE COLLINS/NATURE/THE ASSOCIATED PRESS

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Harm, not help

New York to mull banning gay 'cures'

New York's Democratic-led Assembly was set to discuss a bill on Wednesday that would ban therapy that tries to change a child's sexual orientation. Bans against gay conversion therapy have already gone into law in New Jersey and California.

The American Psychological Association says that there is no evidence that the so-called gay conversion therapy can change someone's sexual orientation. A task force found that it can cause distress and anxiety.

THE ASSOCIATED PRESS

Survey

Going to the doc: Married men > single men > cohabitating men

Tie the knot, see a doc? A new study says men are more likely to get medical checkups if they're married rather than just living with a woman.

And, surprisingly, more single guys see the doctor than men with live-in girlfriends.

"Perhaps wives have more influence than girlfriends," suggested lead author Stephen Blumberg.

THE ASSOCIATED PRESS

Ahhh, now that's the life

A monkey cools off in a water tub in the premises of a Hindu temple on a hot summer afternoon in Jammu, India, Wednesday. Severe heat conditions are prevailing across northern India with temperatures soaring past 45 degrees Celsius at several places.

CHANNI ANAND/THE ASSOCIATED PRESS

TABLE IS SET FOR SOCCER FEAST

The wait is over. The day soccer fans have been anxiously waiting for is finally here. The 2014 FIFA World Cup kicks off today and to get you in the game, Metro has you covered with the latest from Brazil.

Paraplegic in exoskeleton gets first kick

The first kick at the World Cup opening ceremony will be made by a paraplegic wearing an Iron Man-like robotic bodysuit controlled by signals from the brain.

Brazilian doctor Miguel Nicolelis led a team of 156 scientists from around the world to create the futuristic exoskeleton, which was designed to enable paralysis victims to walk.

At the World Cup opening ceremony Thursday in Sao Paulo, a paraplegic whose identity has been kept secret will leave behind his or her wheelchair to take to the pitch in the suit and give the tournament's first kick.

Electronic circuits in the device's "feet" will send a return signal to the user via an artificial skin worn on the arm, conveying the sensation of movement and contact.

"Doing a demonstration in a stadium is something very much outside our routine in robotics. It's never been done before," said Nicolelis, a neuroscientist at Duke University.

His voice contains a mix of exhaustion and excitement, the result of 30 years' work, more than 200 scientific papers and countless clinical tests that are nearing a spectacular summit.

Scientists at work at Miguel Nicolelis' lab in Sao Paulo. BIGBONSAI+LENTEVIVAFILMES /AFP

Nicolelis said the idea for the suit came to him in 2002, when scientists were just beginning to explore robotic exoskeletons. "In 2009, after we learned Brazil was hosting the World Cup, they asked me for ideas to show Brazil in a different way than the world usually sees it. That's when I suggested doing a scientific demonstration to teach people that Brazil is investing and has human potential to do things beyond football," he said. AFP

Controversy

Scientist dismisses criticism

Some scientists have criticized Miguel Nicolelis for ditching academic publications in favour of mass media — he posts research updates on Facebook — and the anonymity of the lab for the spotlight of the World Cup stage.

Critics have also questioned the practicality of his research and accused him of hogging an unfair share of the Brazilian government's research budget.

Nicolelis rejects that criticism. "The funding is the same with or without the World Cup. We've received $14 million from the Brazilian government over the last two years. That's approximately four or five times less than what the United States government invests in a mechanical arm," he said.

"I don't see anything wrong with demonstrating a technology for the whole world that has a humanitarian objective," he added. AFP

Belgian fans' cup runneth over with World Cup hopes

Soccer fans from Belgium pose for a photo with a replica of the World Cup trophy on Copacabana beach in Rio de Janeiro, Brazil, Wednesday. The World Cup soccer tournament starts today. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

FIFA taking fans behind the scenes via Instagram

World Cup organizers have arrived on the photo-sharing platform just ahead of the opening match. The FIFAWorldCup Instagram account promises to show fans exclusive images from behind the scenes at the 12 Brazilian host stadiums.

The new Instagram account is just one way fans can follow the progress of the world's largest soccer competition online. There is also FIFA.com, which will be updated in real time with the latest scores and news from the event.

Twitter users are encouraged to tweet messages and photos on their experience with the hashtags #myworldcup or #CM2014. And soccer buffs can also click like on the official World Cup Facebook page. AFP

Neymar, Rooney and Ronaldo get Nike-designed 3D duffle bags

Nike has designed its first 3D-printed sports bag as the World Cup gets ready for kick-off in Brazil Thursday.

Only three of the limited-edition "Nike Football Rebento" duffle bags have been manufactured, designed to be used during the tournament by star players Neymar Jr., Wayne Rooney and Cristiano Ronaldo.

Nike Football Rebento duffle bag. COURTESY NIKE FOOTBALL

A 3D-printed leather base provides the structure for the piece, which extends into a laser-sintered nylon "flex" webbing.

The upper section of the bag fits into the base without the need for glue or adhesive.

The bag was designed with matching shin guards created using 3D-printing techniques for maximum impact protection.

The Mercurial FlyLite Guard uses a webbed shock system instead of the traditional foam to keep the design lightweight.

It will be available to purchase from nike.com from July 1. AFP

Apple gets touch of Soccer Fever at its app store

Just in time for the opening ceremony of the 2014 FIFA World Cup, Apple has curated a set of apps, books and more focusing on the beautiful game and on Brazil itself.

Called Football Fever in every country in the world other than the U.S., where it's been called Soccer Fever instead, the section should not only simplify app discovery but help iPhone- and iPad-owning football fans download titles with confidence as they're all from official partners, blue-chip developers or FIFA itself.

In all there are 20 apps and 14 football-themed games, but the new section also includes the best of football music, the best-selling football books, plus football films and documentaries. AFP

Thursday, June 12

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Legal mash-up over Tennessee whiskey still sour

Hitting a sour note. Liquor companies at odds over the legal definition of the popular stiff drink from the South

To many, Tennessee means whiskey. But inside the state, the question is: What does Tennessee whiskey mean?

A battle between two worldwide liquor companies — owners of mega-brand Jack Daniel's and smaller rival George Dickel — is being waged over who has the right to label their drink as following authentic Tennessee style. It's among the epicurean battles being waged around the world over what food and drink should carry special status as local and unique.

London-based liquor conglomerate Diageo PLC opened a heated legislative fight earlier this year seeking to overturn the state's newly established legal definition for Tennessee whiskey that has been championed by Jack Daniel's, which is owned by Louisville, Kentucky-based Brown-Forman Corp. Among the new rules are requirements that whiskey must be aged in new, charred oak barrels in Tennessee and filtered through maple charcoal prior to aging.

Dickel's owners say they conform with the traditional methods laid out in the state law, but they have cited several reasons for challenging the statute. They include that a potential shortage of new American oak barrels could threaten production and that future products made by Dickel and the growing number of craft distillers in the state shouldn't be bound by law to follow the old ways. THE ASSOCIATED PRESS

Bring back crystalline fructose and sugar, please!

Fans of Vitaminwater are demanding that parent company Coca-Cola drop a new formula that uses stevia, a low-calorie sweetener known for its metallic aftertaste. Coca-Cola Co. changed the formula for its full-calorie Vitaminwater in May, and the new bottles have been hitting shelves nationwide ever since. Previously, the drinks were sweetened with a mix of crystalline fructose and sugar. Now they are sweetened with a mix of sugar and stevia, a natural sweetener companies use to reduce the sugar content in drinks. The new Vitaminwater still has the same 120 calories per bottle, however. The change has prompted fans of the drink to inundate Vitaminwater's Facebook page with complaints about the taste, and demands that the company bring back the old formula. PHOTO: SCOTT OLSON/GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

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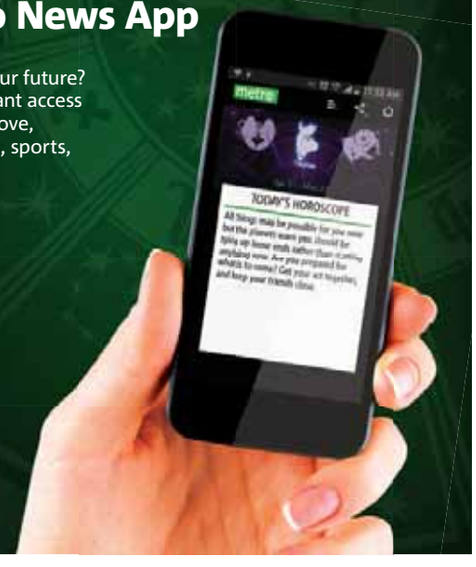

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Lululemon. More negative energy as founder speaks out against board directors

Shareholders of Lululemon Athletica Inc. re-elected the two directors that company founder Chip Wilson voted against for not aligning with the company's "core values of product and innovation."

Chairman Michael Casey, a former Starbucks executive who recently replaced Wilson in the role, and director RoAnn Costin, a private equity executive, kept their positions at the annual meeting Wednesday in Vancouver.

Wilson announced earlier in the day that he decided to vote against them, saying he believed a change was needed at the board level to increase shareholder value.

"While I am excited about the new management team that I helped put in place, I am concerned that the board is not aligned with the core values of product and innovation on which Lululemon was founded and on which the company thrived," he said in a statement before the meeting.

Wilson is Lululemon's largest shareholder with a 27-per-cent stake.

He said his vote against the two directors sends a signal to the financial community that Lululemon must address the board member issue if the company is to recover.

However, the majority of shareholders didn't agree with him, and neither did the company's 13 officers and directors. THE CANADIAN PRESS

Market Minute

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TSX 14,892.13 (-12.25)

OIL $104.40 US (+$0.05)

GOLD $1,261.20 US (+$1.10)

Natural gas: $4.53 US (-$0.01)
Dow Jones: 16,843.88 (-102.04)

Ketchup to cars

Ford, Heinz aim to spin tomato skins into auto parts

Ford Motor Co. and the H.J. Heinz Co., the Pittsburgh-based ketchup maker, are teaming up on research to turn tomato skins into auto parts.

According to a joint news release, scientists at both companies believe they can use tomato fibres to manufacture composite materials used for wiring brackets, or storage bins in cars instead of petroleum-based plastics. THE ASSOCIATED PRESS

Antitrust commissioner

EU looks into Apple, Starbucks and Fiat tax deals

The European Union's antitrust regulator said Wednesday it is launching an investigation into tax deals that Apple, Starbucks and Fiat struck with several European countries to see whether they violate competition law. THE ASSOCIATED PRESS

GREAT GIFTS FOR THE SATISFACTORY DAD

HE SAYS

John Mazerolle
metronews.ca

It's time for Father's Day, that magical time when necktie-company execs celebrate their big annual windfall.

Big Neckwear invented the holiday as a means of selling men's accessories, and they're the only ones who benefit. Everyone else just gets enough ties to start a new soccer league.

When I was a kid, "picking out a gift" on Father's Day meant choosing a necktie shade or, if I was really throwing caution to the wind, a pattern.

This seems especially ridiculous now, because my dad's not really a tie guy. When I was growing up, his tastes were more in the range of his black T-shirt with silver lettering that said "Disco Dad." Maybe the repeating-saxophone-pattern tie I picked out one year would have worked, but I never saw them worn together.

And so today I hope to make up for my disappointing childhood by offering this special gift guide for dads of any taste and inclination. (My dad's inclination, incidentally, is usually about 30 degrees, sleeping with his head on the armrest of the couch.)

Dad's Day Gift Guide:
Just wait until your father gets home

* For a new twist on an old classic, your dad will love a **"Satisfactory Father" mug**. Your father values honesty and integrity, and that "World's Best Dad" mug lacks credibility.

* Remember that gender-specific gifts are now passé, even offensive. Your father can be whatever he wants to be, so why not favour him with that **negligee** you've been eyeing and watch a Father's Day reaction you'll never forget.

* If your dad is more conservative than that, you could always **buy his vote**. A cool $100 ought to do it, and then that Animal Alliance Environment Voters Party of Canada candidate in your riding will be one vote closer to victory.

* Two words: **Barbecue apron**. Your father will be so ecstatic you didn't get him a tie that he'll barely notice this is the second most clichéd gift possible, and maybe the only gift even easier to find than a tie.

* Want to get something more personal? Consider a **handmade spare drawer**. Filled with blank tax and medical forms, rubber bands, nails, obsolete computer cables, and keys to locks that might no longer exist, the spare drawer is something every father needs to not need.

Hope that helps! Pick up one of these gifts today or you'll be forced to sprint to the mall for a last-minute gift. Tie goes to the runner.

ZOOM

It's pandamonium!

At the beach under Tsing Ma Bridge in Hong Kong, 1,600 pandas made from recycled paper are put on display in an effort to encourage people to protect endangered animals. The work has already been shown in other cities including Berlin, Paris and Taipei. ALL PHOTOS GETTY IMAGES

Playful art, serious theme

"Environmental conservation is a serious theme, but we express it in an entertaining way. We choose pandas, which are loved by people worldwide, to start with, and later, we can do more to protect other species."

French artist Paulo Grangeon

By the numbers

1,600

Number of papier-mâché pandas on display in Hong Kong — but more significantly, this is the number of giant pandas still alive in the wild, according to the WWF.

Why so few of these cuties?

- **Sex.** Females are only in heat 1 to 3 days a year.
- **Size.** A newborn is 1/900th the size of the mother, making it very weak.
- **Maturity.** A female panda does not reach full sexual maturity until she is 7.5.
- **Shrinking habitat.** The species is now restricted to 20-odd isolated patches of forest mountains in China.

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In this issue, you can find AR enhancements on page 24 in Scene and page 39 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

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metro AR

MetroTube

Rumble with the bumble

ANDREW FIFIELD
andrew.fifield@metronews.ca

There are a couple of nice takeaways in this little homespun video of a bumblebee coming to the aid of a hivemate snared by a spider.

One: Bumblebees may look like the Sea Kings of the insect world, but goodness, they're remarkably swift and agile when they take flight. Two: Look at this beautiful technique! Shot in landscape, artfully framed by the windowsill. And narrated by what could be a young David Attenborough. Applause, sir. (Via Functional Electric/YouTube)

THE CANADIAN PRESS FILE

metro

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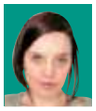
Childhood issues, depression, self-destruction and ... hip hop

Alex Silas. Local rapper digs deeper in emotional album



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Ottawa-based Alex Silas is tackling a blend of hip hop, alternative, blues, folk, punk, reggae and spoken word in his new album, Roots, slated for release on June 30th. COURTESY ALEX LAUZON

The past year has been one of growth for Alex Silas — not just as an artist, but also as a person.

The Ottawa rapper grew closer to new friends while drifting apart from others, experienced a whirlwind romance while travelling abroad and addressed personal issues as a means of healing some of the wounds of his past.

"It's been a tumultuous and eventful year," he admits.

"I've learned a lot about myself and I think I've done a lot of growing up. Got my head on my shoulders and I'm a lot more focused on what I want to accomplish, what I want to do with my life."

Determined to immerse himself more fully in his music, Silas set out to make his first full-length album. Investing virtually all of his free time and money into recording, making music videos, commissioning the album art, and organizing over a dozen artist appearances and collaborations, Silas is releasing Roots, a follow-up to his 2012 EP Lovers and Fighters.

Unlike his previous offering, Silas was determined to make an album that covered more than just romantic relationships.

"I touched on a lot of subjects I had never written about — personal stuff like my relationship with my Dad, stuff from my childhood — things that I not only had never written about, but had never really talked about either," he explains.

"But Roots isn't just about the past. I tried writing a lot about my current conflicts too: dealing with insecurities, self-destructive tendencies, depression. It's not really stuff that's easy to write about, but it's cathartic. I feel like my own personal growth and the development of the album really went hand in hand. It made me as much as I made it."

Musically, Roots isn't your typical straight-up rap record. It's a blend of hip hop, alternative, blues, folk, punk, reggae and spoken word.

The hope, Silas says, is that by pouring his heart into this project and revealing his vulnerabilities through raw, honest emotion, he'll be able to establish a deeper connection with his audience.

"I wear my heart on my sleeve in my songs. I hope it resonates with people and they can relate to it. I hope it makes you feel something."

Upcoming

Roots will be available on iTunes and Bandcamp on June 30th. For more information, visit alexsilas.com.

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Chappelle's Show

'I'm seven years late for work': Dave Chappelle

Dave Chappelle says he never quit his Comedy Central show. He's just seven years late to work. Chappelle appeared on the Late Show With David Letterman on Tuesday, his first late-night appearance in over six years. He has kept a mostly low-profile since abruptly exiting Chappelle's Show in 2005. "Technically, I never quit. I'm seven years late for work," said Chappelle, who actually departed the show nine years ago. THE ASSOCIATED PRESS

Dave Chappelle says he never quit his TV show. COMEDY CENTRAL

Six seasons and a movie? Community's creator, Dan Harmon, says probably not

The creator of the NBC comedy Community isn't holding out much hope that the cancelled sitcom will be getting a rebirth.

Community aired on NBC for five seasons from 2009 to 2014 before its cancellation.

The series followed a group of students at a community college in the fictional locale of Greendale, Colo., and made liberal use of meta-humour and pop culture references.

The cast included Joel McHale, Gillian Jacobs and Danny Pudi and — despite moderate ratings — gained a sizeable cult following.

Series creator Dan Harmon addressed rumours about it possibly being brought back for a sixth season during a session at the Banff World Media Festival on Wednesday.

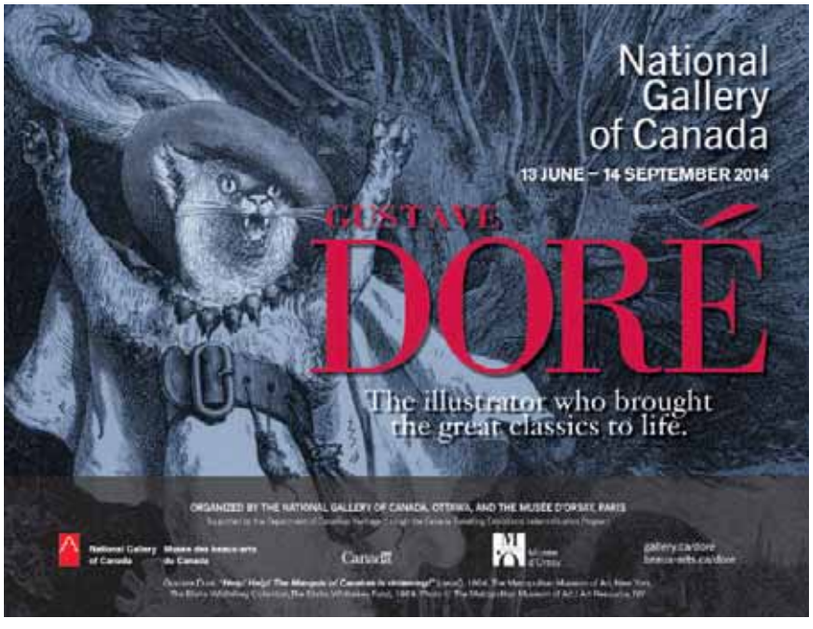
"I thought they were just phantoms but I was subsequently given information that there was something to those rumours," Harmon confirmed.

Sony, the primary producer of Community, is reported to be shopping the show to other networks and online distribution outlets, with possible new homes for the show including Hulu and Comedy Central.

Danny Pudi and Donald Glover on Community. CONTRIBUTED

"This is the place where Sony excels — brokering deals and making the impossible possible by just brute force and contracts and tractors full of money in smoky rooms," Harmon said with a laugh.

"They were talking to Hula (sic) and Hula was very responsive. I would temper that by saying I feel like a regular fellow looking at the whole thing, it seems so impossible to pull off. So many deals would have to be made that aren't currently made, so many contracts would have to be negotiated," he added. THE CANADIAN PRESS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Scan the photo with your Metro News app for a clip of Ice Cube in 22 Jump Street

Ice Cube says Hollywood is "obsessed with the lives of law enforcement and military." CONTRIBUTED

F— tha Police? Nah, Ice Cube likes playing captain

22 Jump Street. The star knows people have low expectations of sequels, but swears that this movie's 'as fun as the first one'

NED EHRBAR
Metro World News in Hollywood

Ice Cube, who played the patience-tested captain in charge of Channing Tatum and Jonah Hill in 21 Jump Street, is back and grumpier than ever in 22 Jump Street, a sequel well aware of itself. The former N.W.A rapper fills us in on the new film and the awkward legacy of F— tha Police.

What did you think when you saw how much more you'd be doing in this one compared to the first one?
I liked it, you know? I think people love Capt. Dickson. He talks as much s— as possible, and everybody's with it. It was cool just to get the tone right and to do a movie that people dig that's fun — as fun as the first one. People respond to it. I think our greatest asset is low expectations.

I would think after the success of the first one, expectations would be pretty high.
Yeah, but people in the back of their minds don't think we could get the sequel as good as the first one. It's not easy to include the audience without taking them out of the story, but [directors Phil Lord and Chris Miller] do a great job of letting people know that we're making a cheesecake out of a cheesy idea.

Are you taking any lessons here as you go into planning a sequel for Ride Along?
Yeah, you know, I'm a vet at doing sequels, but they're hit-and-miss. I think the real page you need to take away from it is to make sure you do a new movie that can stand on its own two feet and not a movie that's borrowing off the first movie, because that's when you get lazy and you run into trouble.

Some people took the success of Ride Along as a surprise. How did you feel about that?
You know, that's cool. I love to be underestimated. It gives me a leg up to get underestimated.

And to surpass expectations, it's all glory. So I don't mind it. People have been putting me short my whole life.

I always go above and beyond to make it happen.

How often do people ask about the irony of you playing a cop, since you got your start with F— tha Police? And how tired are you of getting that question?
They actually happen every interview, and I'm not tired of it. If you really know what I'm talking about in the music, you know I'm talking about dirty cops, I'm talking about corrupt cops, I'm talking about cops who abuse their authority.

I'm not talking about the cops that come and save your grandmother when she's getting mugged. So to think I hate all cops is crazy. And I'm in Hollywood.

They're obsessed with the lives of law enforcement and military, so if I'm doing movies — especially over 20 years — it's more than likely I'm going to end up playing something like that. It's make believe, anyway.

Ben Affleck ALL PHOTOS GETTY IMAGES

Is Ben Affleck taking a gamble on his marriage?

Ben Affleck's casino habit is apparently driving an even bigger wedge between him and wife Jennifer Garner, who reportedly scuttled plans to spend the summer in Michigan with Affleck while he films Batman vs. Superman: Dawn of Justice, according to Star magazine.

"Jen cancelled her trip. She just doesn't want to be Ben's enabler or babysitter," a source says. "She's completely distraught over Ben's problems. It's a never-ending roller coaster." And that roller coaster has apparently been continuing at casinos in Detroit and across the border in Ontario, where Affleck has been spotted looking dishevelled and distraught, betting $5,000 at a time at the tables.

"Ben has a compulsive personality," another source adds. "Once he starts gambling, he can't stop and he stays up all night, betting thousands, then sleeps all day, which infuriates Jen. Jen needs to ask for help from someone — and soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lea's potential new beau may have a steamy alter ego

MELINDA TAUB
Metro World News

Matthew Paetz, Lea Michele's rumoured new boyfriend, is very handsome. So handsome that he may have turned pro.

Sources say Paetz and Michele are dating, but they haven't exactly been spotted snuggling on the red carpet. One possible reason they're keeping the relationship quiet: Paetz used to be a male escort named Christian, according to TMZ.

TMZ has screenshots of "Christian's" profile on Cowboys4Angels, an escort service that provides male companionship to ladies. According to his profile, Christian is a certified life coach, dating specialist and massage therapist. His companionship was available for $350 per hour, $6,000 for a weekend, or $17,500 for the whole week.

That's not to say Lea Michele is a client — she reportedly met Paetz on the set of her music video. Sources say he hasn't been taking on clients since April.

Look. I feel bad even writing about this. When a celebrity is maybe dating a prostitute, one obviously must write it up, but 1) Michele hasn't confirmed that she's dating Paetz; 2) We don't know for sure that Paetz and Christian are one and the same (though the resemblance is striking); and 3) Who cares? Everyone's had an embarrassing job or two. I once got fired from a pirate-themed nightclub. Lea Michele, your boyfriend is fine.

Twitter

@RuPaul
Quick Reminder: Breathe, laugh, repeat

@KevinHart4real
Just touched down in ATL....I slept with my mouth open for the entire flight...I have developed a smell in my mouth that should be banned

@ConanOBrien
Reality Check: I was around in 1973 and saw absolutely no signs of X-Men from the future.

Anna Kendrick

Anna Kendrick admits that her dating game isn't top-notch

It's hard out there for Anna Kendrick. The Pitch Perfect star, who split from director Edgar Wright last year, says that she hasn't been hit on since she made Up in the Air five years ago.

"Honest to God," she insists to Elle magazine.

Kendrick has kept a fairly low profile, dating-wise, since her breakup. "When I was a teenager, I was an ultra-late bloomer, and my mom would say it was a blessing because it means you never have to wonder if guys are only interested in you because you've got boobs," she tells the magazine. "I would have been thrilled if guys were interested in me because of my boobs!"

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LIFE 3

PLUS HOMES

Finding foundation in fashion

Shenae's all that.
Canadian actress, blogger and personality Shenae Grimes talks foot phobias, makeup-after-marriage and her beauty brand collaboration

ELIZABETH BEDDALL
elizabeth.beddall
@metronews.ca

Perhaps you know her best from Degrassi: The Next Generation, or from playing the role of Annie in the reboot of 90210, but Shanae Grimes has become a force to be reckoned with in the fashion industry of late. She recently chatted with Metro about her move onto the style scene, most recently highlighted by her signing on as the brand ambassador of Annabelle Cosmetics.

In addition to being the new face of Annabelle Cosmetics, Grimes just announced that she and her husband are launching an accessories and clothing brand as an extension of their lifestyle blog twohalvesblog.com PROVIDED

I'm sure you've been approached to team with other product lines in the past. So why does Annabelle feel like the right fit for you?
First and foremost, they're Canadian. It's always nice to have an excuse to get back to my roots. I think what they've done for the industry in Canada is very impressive. And as for the brand's esthetic — it's definitely the most 'me,' which I guess is why they were excited about me and I'm equally excited about them.

What's one word that describes both Annabelle Cosmetics and Shanae Grimes?
I think edgy. My style has always been sort of rock 'n' roll glam and I can't think of a better way to describe the brand as well.

You've been in the public eye for a while now. If you were to scold your former self for one beauty choice you've made, what would it be it for?
Using self-tanners. It's scary. I mean living in L.A. they have airbrush tan artists that mix the colours and do an incredible job. As far as self-tanner out of a bottle — or the kind of spray tan that Ross gets in Friends — we've all had those horrible experiences. I would avoid that.

It's ironic that you've been paired with a cosmetics brand when People Magazine named you one of the most beautiful people without makeup in 2009. So what can Annabelle do for someone who doesn't even need to use cosmetics?
For me it's always my eyes. My husband always says, which he should, that he prefers me without makeup. My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better.

Peeper priority

"My eyes are what I always play up. I feel if I wear really heavy skin product, it just makes my skin worse. I always play up the drama in the eye area and reshape them to make my features look better."
Shenae Grimes

Speaking of your hubby, do you feel your beauty routine has changed in any way since settling down with a partner?
Not really. I mean, if I'm running to the grocery store I don't feel pressure to be Kardashian-perfect all the time because he is all for that natural look. It's just given me a little bit more confidence.

You've partnered with a cosmetics brand — but is there a clothing line you would kill to be paired up with?
As far as an existing clothing brand — I'm a shoe fiend so I love Sam Edelman and Steve Madden.

You've interned at Teen Vogue and stated that being a fashion editor would be one of your dream jobs, so if you were the editor of Metro's style section, what would you write about next week?
I'd focus on awesome summer footwear that would be an alternative to the flip-flop. I have a weird phobia: I don't like seeing peoples' feet, and I hate flip-flops and they come back every summer. I'd love to do cute summer shoes and boots that you could wear with your jean shorts and tank tops that avoid the sandal area entirely.

What's your favourite Annabelle product?

"The EyeInk Liquid Eyeliner is my everyday product – the black – it gives the perfect cat eye."

- "The cat eye is something that will never be not on trend but I think that's something that's particularly booming right now."
- EyeInk Liquid Eyeliner, $9.95, annabelle.ca

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 25 SHOPPERS DRUG MART

Canadian street style

Spotted in: Toronto

Name: Amrita

Age: 28

Occupation: Owner of PARLOQUE boutique

What she's wearing
Sunglasses from China Town, Vintage silk shirt, Kimchi Blue Paperbag pants, Rita Tesolin Amethyst Bracelet, boots from a New York boutique.

Her inspiration
"Inspired by everything in this all inspiring world."

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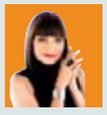
Crop tops are cropping up on boutique racks this season, as it did at the 2014 Met Gala when Emma Stone and Rhianna bared their mid-drifts on the red carpet. Go online to Trends Report and take my poll to let me know what you think of the crop top trend. Will you be showing some skin this summer?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Twitter



JEANNE SPACE
Jeanne Beker
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Gus and I take time to smell the roses. :) #soulfood #mindfullness

BAYSHORE
FASHION FILE
BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: I'VE BEEN SEEING MORE AND MORE MEN PAIRING SHORTS WITH A SUIT JACKET. IS THIS REALLY ON TREND, AND IF SO, WOULD IT WORK FOR A MAN WITH A SHORTER FRAME? – D.M.

A: According to Business Insider, the short suit is finally going mainstream! Many different retailers are selling this new trend in menswear, including Topman. While this look may be better "suited" to the younger crowd, it is also important to consider proportion. Shorts should be just above the knee, and the jackets should be fitted and not too long. As with everything in fashion – have fun with it!

Q: I WEAR FLIP-FLOPS ALL SUMMER. IF I WEAR A NICER PAIR, ARE THESE APPROPRIATE FOR THE WORKPLACE? IF NOT, IS THERE A SIMILAR ALTERNATIVE YOU'D SUGGEST? – B.C.

A: While we all love the easy comfort of flip-flops, they are a definite no-no in the office! Opt instead for a flat sandal in two-tone leather, or a canvas espadrille with an ankle strap. With tons of great styles from Aldo, Zara and GAP you'll have a hard time choosing just one pair!

Q: HOW DO I KEEP MY MAKEUP IN TACT FOR THE SUMMER? ARE THERE ANY PRODUCTS OR TRICKS OF THE TRADE TO HELP? – A.V.

A: Makeup up is definitely tricky to keep on in the heat and humidity, but there are some products that mitigate the effects of the heat. Try using dryer products with less oil, in addition to makeup primers, which help keep the makeup in its place. MAC associates are incredibly knowledgeable when it comes to these products, so stop by there and have your skin assessed for optimal results!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE
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Choo-sing to strut her stuff solo

Change is a foot.
Jimmy Choo co-founder Tamara Mellon seeks to shake up style world with her own brand

While Jimmy Choo's name was stitched on the soles, Tamara Mellon was the creative driving force and ambassador for the luxury label whose fanciful heels have left a sizable footprint on red carpets and pop culture.

The British entrepreneur co-founded the company in 1996, growing the business from a tiny cobbler's shop in London into an international billion-dollar brand worn by A-list stars and name-checked in hip-hop songs and on Sex and the City.

Mellon sold her share of the company in 2011 and has now launched her own namesake label where she's intent on shaking up the style world when it comes to how clothing is marketed and sold.

"Everything I've done with this business is the complete antithesis to what someone would tell you how to do (things) for success in the fashion industry," Mellon said in an interview at Holt Renfrew's corporate offices following an in-store appearance at the retailer's downtown Toronto flagship store.

Fashion entrepreneur Tamara Mellon. GEORGE PIMENTEL / THE CANADIAN PRESS

"I don't have seasons. I do monthly fashion concepts and it's buy now, wear now, because I don't believe women want to shop four months ahead anymore. I know I want to buy something today and wear it tomorrow.

"I'm delivering spring-summer in spring-summer and autumn-winter in autumn-winter ... So I'm completely disrupting everything."

Mellon said she believes the reason other companies haven't mirrored her strategy is the large scale of many brands makes it difficult to transition after many years of following the same pattern.

"The lucky thing for me is I started this from scratch."

While she's offered a twist on the more conventional fashion formula, she borrowed a page out of her Jimmy Choo playbook with a collection of wardrobe essentials that will be available year-round — just as she did with the footwear brand.

Her Endless collection features a line of seasonless investment pieces including bras, blazers, sweaters, structured shoulder bags and pointy-toe heels. Meanwhile, the current range of warmer-weather looks is steeped largely in a palette of black, cream, navy and acid yellow. Boatneck rompers, lace camis and blouses, studded shift dresses and skirts, and trenches and blazers in shimmering Lurex are among the items in the ready-to-wear range.

And of course there is no shortage of footwear offerings, from studded flats to metallic pumps and legging boots, with styles punctuated by rich colours and patterns from python print to honeycomb cutouts.

"When I looked at contemporary (fashion), there was nothing for a sophisticated woman, a woman who wants to be a bit edgy and sophisticated," Mellon said of her creative vision behind the line.

The designer said she continues to work with the same factories in Italy stemming from a commitment to creating handbags and shoes that are investment pieces. Accessories in the line start from around $500.

THE CANADIAN PRESS

Style's in the stars

Mellon said much has changed in the industry since starting Jimmy Choo, which coincided with the "wave of celebrity" that blanketed the landscape, as well as a shift in consumer habits.

- "Magazines realized that if they put an actress on the cover, their readership went up and then accessories were exploding," she recalled. "I think everyday dress became so much more casual, so accessories became much more important, they became much more of a status symbol ... And now with this, I think the world has changed again with this business. Now with social media, I can have a direct communication with my customer. Before there was a barrier in between us. And that's more important today."

Custom considerations

You can sometimes get what you want.
Furniture store allows the customer to play designer

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Stylish home dwellers want their homes to have a personalized, designer-touch look. Words like eclectic, curated and customized are all buzz words written in the home decor magazines, but how easy is it to get these perfectly thrown together looks?

Many Canadian home furnishings stores are offering custom options on their best-selling pieces of furniture. This ensures you can have a one-of-a-kind piece that your neighbour won't also have.

Here are a few things to consider when customizing your upholstered furniture that will help your purchases look like you had a designer by your side:

Fabrics
The larger the piece of furniture, the larger the fabric's print can be. Larger pieces can also hold a darker or more dramatic fabric colour due to their proportions. If choosing a solid fabric, then make sure it has some texture to add interest.

Furniture style
Rounded arms will imply a more formal/traditional look while square edges look more masculine, streamlined or modern.

Comfort and size
When sitting on a sofa, the edge of the seat cushion should comfortably meet the inside of the knee. A deeper cushion will give you a lounge style suited for watching television while anything less creates a formal style of sofa seating.

Wood trims/legs
Take the shape of the leg from the shape of the sofa's arm. If a rounded arm has a rounded leg and vice versa. The stain colour of a wood leg should match the room's larger wooden furnishings or be a shade darker than the wood flooring.

A few months ago, I decided to purchase a single reading chair for the corner of my den. I saw a style I liked, but knew I wanted something more colourful. Upon inquiring at my local Urban Barn store, I found out that a large selection of fabrics, leg styles and seating comfort options were available to help customize many of the standard upholstery furniture pieces they sell.

I went from a chair style I liked to a custom chair I loved, and all I had to do was ask if those options were available!

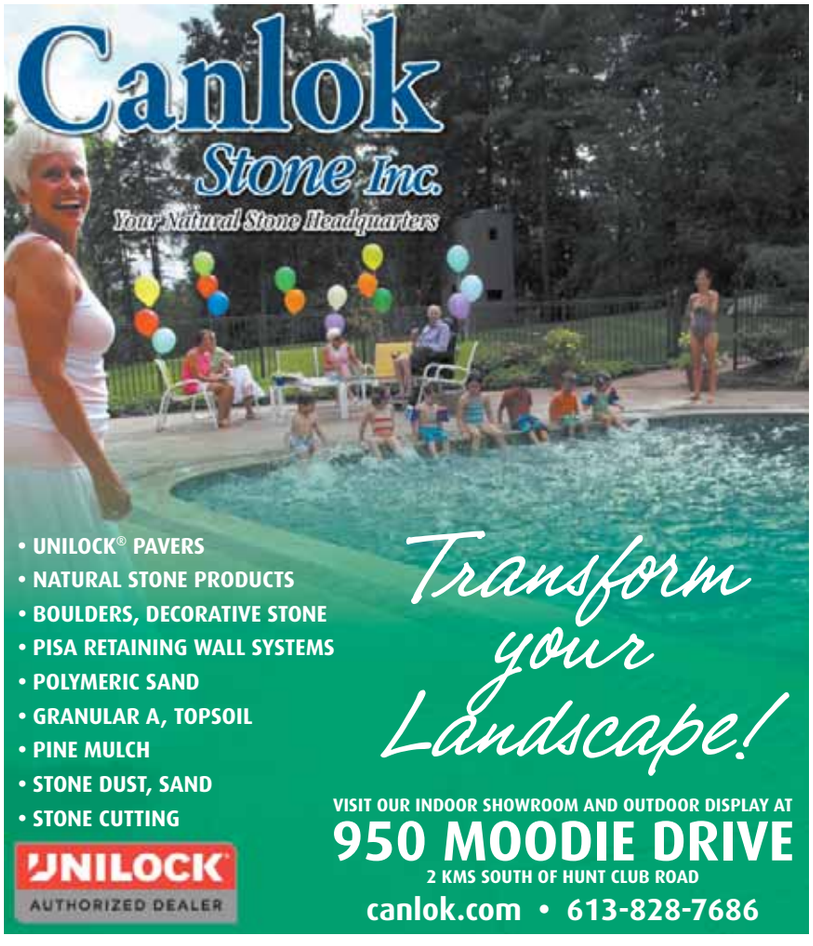
Tailor-made just for you

Many Canadian home furnishing stores are offering custom options on their best-selling pieces of furniture.

Groove Chair, left, $930 (standard), a great standard design was lacking the pizzazz I had hoped for.

Custom Groove Chair, above, with upgraded fabric choice, new leg style option, contrast piping detail, down-wrapped seat upgraded cushion, $1,300. UrbanBarn.com

PHOTOS CONTRIBUTED



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Refreshing, fermented apple (or pear) juice goodness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It's been a long time coming, but cider has finally found a home in the hearts and mouths of Canadians. A tidal wave of fermented apple juice is rolling across the country.

Artisanal ciders have created a cottage industry in most provinces, but you can find these larger international brands just about everywhere, including on tap at your favourite pub.

Strongbow English Dry

The juicy apple sweet core of this granddaddy of modern ciders ends crunchy and dry (England, 500 ml, $3.00 to $3.95).

Foundry Golden

More deeply coloured than Strongbow, with a spicy apple-saucey aroma and rich, baked apple flavour (England, 500 ml, $3.00 to $3.88).

Magners Original Irish

Deep and golden with a very dry, ripe apple fruit that ends ripe and well-rounded (Ireland, 500 ml, $3.15 to $4.62).

Somersby

Orchard aromatics and Granny Smith meet green Jolly Rancher candy sweetness, soothed by a thirst-quenching carbonation (Denmark, 500 ml, $3.00 - $3.94).

Sir Perry Pear Cider

Not as muscular as the apple variety, the outcome has more of a wine vibe. It's subtle and lightly sweet, but finishes dry (England, 500 ml, $3.00 - $3.99).

Father's Day on a budget? A D.I.Y. herb garden plan

Barbecue companion. Instead of heading to the store, make your own gift from scratch

JORDAN HIPSON
For Metro Canada

Father's Day and Mother's Day are unlike most other holidays — we don't decorate, we don't attend special services and we are not expected to go overboard with gifts.

Therefore, Father's Day and Mother's Day are days of pure appreciation and love for people who have affected our lives in a way no one else can.

With much thought, it is very possible to purchase a store-bought gift for Father's Day. However, a DIY gift truly speaks to the love we have for Dad.

Naturally, when we think of Dad and summertime, the first thing to come to mind is the barbecue. So why not build him an herb garden? A compact, easy-to-grow herb garden perfectly compliments all of his favourite BBQ foods.

How To

1. Begin by thoroughly rinsing PVC pipe with hot water. If you have organic or non-toxic soap on hand, use that to further clean the pipe (white vinegar works, too).

2. Place the PVC pipe with the single-opening side down on heavy plastic or mesh. Using a heavy marker or pencil, trace around opening. Ensure your hot glue gun is plugged in to heat up.

3. Cut out the circle you have just traced.

4. Place a thin bead of a glue around the single opening of your PVC pipe. Safely attach your plastic or mesh. If you are using plastic, consider adding a few small slits or holes to allow drainage.

5. Fill the vessel with enough soil to plant your herbs. When planting the herbs, the excess soil in the store pot is usually enough to completely fill each of the pipe's ends.

6. If your herbs came with plant-markers, place them behind the herb in each opening. Water lightly and trim off any weeping pieces.

A stove-side herb garden also sits well by the barbecue. JORDAN HIPSON FOR METRO

Step 4: Attaching a mesh to allow for drainage. JORDAN HIPSON FOR METRO

Materials

- PVC Wye Pipe – 2 or 3 pipe configurations Heavy plastic or Tight window-screen mesh
- Planting medium (look for a small-planter-specific soil mix)
- Scissors
- Hot glue gun and glue sticks
- Water
- Herbs, depending on Dad's preference: rosemary, dill, fennel, thyme, parsley, chives.

Forget the uninspiring ties, socks and cards

This Father's Day treat your Pops to a unique gift he'll definitely not forget. Where to start? Here are a few geographical suggestions for you.

METRO

British Columbia

Dad can reminisce about his younger days spent building forts with a stay in one of Free Spirit Spheres' orb-like suspended cabins in the trees. Stays in these unique treehouses near Qualicum Bay on Vancouver Island start at $155 a night. freespiritspheres.com

Alberta

Get your dad to unveil his inner dude with a cowboy experience. Alberta Country Vacation features a number of cattle drive packages taking place in July, August and September. Various costs. albertacountryvacation.com

Saskatchewan and Manitoba

Give Dad the chance to see one of the most majestic creatures on Earth: the beluga whale. A trip to Churchill, Man., may be pricey, but the look on Dad's face will be worth it.

For a list of tour providers, visit everythingchurchill.com.

Ontario

Is Dad a speed demon? Let him exercise his heavy foot on an actual racecourse.

The Canadian Tire Motorsport Park (canadiantiremotorsportpark.com) near Bowmanville, Ont., and the Bridgestone Racing Academy, race2000.com, in Toronto are among the courses offering lessons.

Quebec

Your father may be called the king of his castles, but he can be the king of an actual ice palace. It may be a few months away, but reserve his a stay at the Hôtel de Glace in Quebec City (hoteldeglace-canada.com), which is open each year between January and March. A special package is now on for $179 until June 30.

Nova Scotia

Guys don't dance? Oh, yes they do. Need proof? Watch a flamenco dancer powerfully take over a stage.

The Maria Osende Dance School in Halifax offers an eight-week beginner course (no partner required) ranging from $99 to $155. Mom may thank you the next time she takes Dad on the dance floor. mariaosende.com

Whether you plan to surprise Dad with breakfast, lunch or dinner, Metro has teamed up with Gusto TV (gustotv.com) to bring you some perfect recipes for this Father's Day. Here are out suggestions courtesy of the hosts of My Kitchen Rules, Ask the Butcher and Secret Meat Business.

Metro

Breakfast: Bacon Huevos Rancheros

Get Dad's special day off to a great start. GUSTO TV (GUSTOTV.COM)

This Bacon Huevos Rancheros recipe comes from My Kitchen Rules, in which 12 home-chef teams compete to determine whose kitchen rules.

1. To make tortillas, mix or process all ingredients to form a smooth dough. Knead for 5 minutes. Cover with a tea towel and rest for 10 minutes. Divide dough into four portions. Roll portions into thin rounds.

2. To make sauce, combine sauce ingredients in a jug.

3. To make salsa, heat oil in a frying pan over medium heat. Cook speck until golden brown. Set aside. Add onion, garlic, red pepper and spices to same pan. Cook until soft. Stir in tomatoes and speck. Cook, stirring frequently, for 20 minutes or until mixture is soft. Remove from heat. Stir in zest and half the sauce.

4. Preheat oven to 180 C. (350 F)

5. Heat a large lightly oiled frying pan over medium-high heat. Cook tortillas, one at a time, on both sides, until golden and crisp.

6. Arrange tortillas on a large oven tray. Divide salsa over one half of each tortilla, making a well in centre of salsa. Crack an egg in each well. Bake 6-8 minutes or until egg set and cooked to your liking

7. Cook bacon in a lightly oiled frying pan until browned and crisp.

8. To serve, arrange goat's curd, avocado and bacon on empty side of tortilla. Garnish egg and salsa with parsley. Serve with lime wedges and remaining sauce.

AN ALL-NEW SEASON FIVE OF MY KITCHEN RULES AIRS MONDAYS THROUGH THURSDAYS AT 9 PM EST ON GUSTO TV

Ingredients

Tortillas
- 250 g plain flour
- 100 ml water
- 1 tbsp olive oil
- Pinch salt

Sauce
- 1 tbsp lemon juice
- 1 tbsp lime juice
- 1 tbsp Worcestershire sauce
- 1 tsp Tabasco sauce

Salsa
- 1 tbsp olive oil
- 100 g piece Speck, diced
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, finely diced
- 1/4 tsp dried mixed spices (sumac, thyme, oregano)
- 4 medium tomatoes, deseeded, finely diced
- 1 tsp finely grated lemon zest

Topping
- 4 eggs
- 8 pieces smoked bacon
- 4 tbsp goat's cheese
- 2 small avocados, sliced
- 1/2 cup chopped parsley
- Lime wedges, to serve

Lunch. Banh Mi.

This recipe serves one. GUSTO TV (GUSTOTV.COM)

Chef Adrian Richardson knows his way around a steak. Here is the host of Secret Meat Business' recipe for Banh Mi (Vietnamese Pork Roll).

1. In a large mixing bowl, combine mince, liver, coriander, garlic, ginger, chili, curry powder and a pinch of salt and pepper. Mix until well combined and form patties.

2. Over a medium to high heat, lightly oil a griddle pan. Add patties and cook for 2 - 3 minutes on both sides.

3. Take the baguette and fill with patty and any/all remaining ingredients.

SECRET MEAT BUSINESS AIRS MONDAYS AT 10 PM/10:30 PM EST AND TUESDAYS AT 7 PM/7:30 PM EST ON GUSTO TV

Ingredients

Patty
- 200 g pork mince
- 4 chicken livers, chopped
- 1/2 bunch coriander, roughly chopped
- 1/2 clove garlic, grated
- 1/2 tsp ginger, grated
- 1 bullet chili, finely chopped
- 1/2 tsp curry powder
- Salt and pepper

Sandwich
- Baguette, cut to 6 inch
- 1 tbsp mayonnaise
- 1 tbsp Sriracha chili sauce
- Cucumber, thin strips
- Carrot, thin stripes
- Spring onion, chopped
- Coriander, chopped
- Fresh chili, chopped

Take Dad's dinner to the next level with Aged Rib-Eye

This recipe serves four. GUSTO TV (GUSTOTV.COM)

Ask the Butcher host Anthony Puharich's Grilled Aged Rib-Eye with Tomato, Onion and Chipotle Sauce is drool-worthy.

1. Preheat oven to 200 C (390 F)

2. Season steaks with sea salt 2 hours before cooking, and allow to come to room temp.

3. Salsa: Place tomatoes and onion in small ovenproof dish (that holds tomatoes snugly), pour olive oil over and season with sea salt. Roast 1 hour or until skins of tomatoes burn a little.

4. Remove from oven, pull off tomato skins, then place contents of the dish in saucepan and mash tomatoes with tongs. You should have a sauce with lots of olive oil on top. Bring to a boil (then oil will blend in), reduce by a third, then add the chipotle powder and mix through. Cook for a further minute, then remove from heat and allow to cool. Add the parsley and lime juice, then season to taste with sea salt and white pepper. Makes about 250 g (1 cup).

5. Heat a flat or ridged chargrill pan on the stovetop or heat barbecue to very hot.

6. Rub steaks with a little olive oil. Cook them for about 2 minutes (for rare), then turn over and cook for a further 2 minutes. Allow the meat to rest in a warm place for 5 minutes.

7. Place steaks on serving plates, top with dollop of room-temperature salsa and drizzle with extra virgin olive oil. Serve with your favourite potatoes and a bowl of boiled greens.

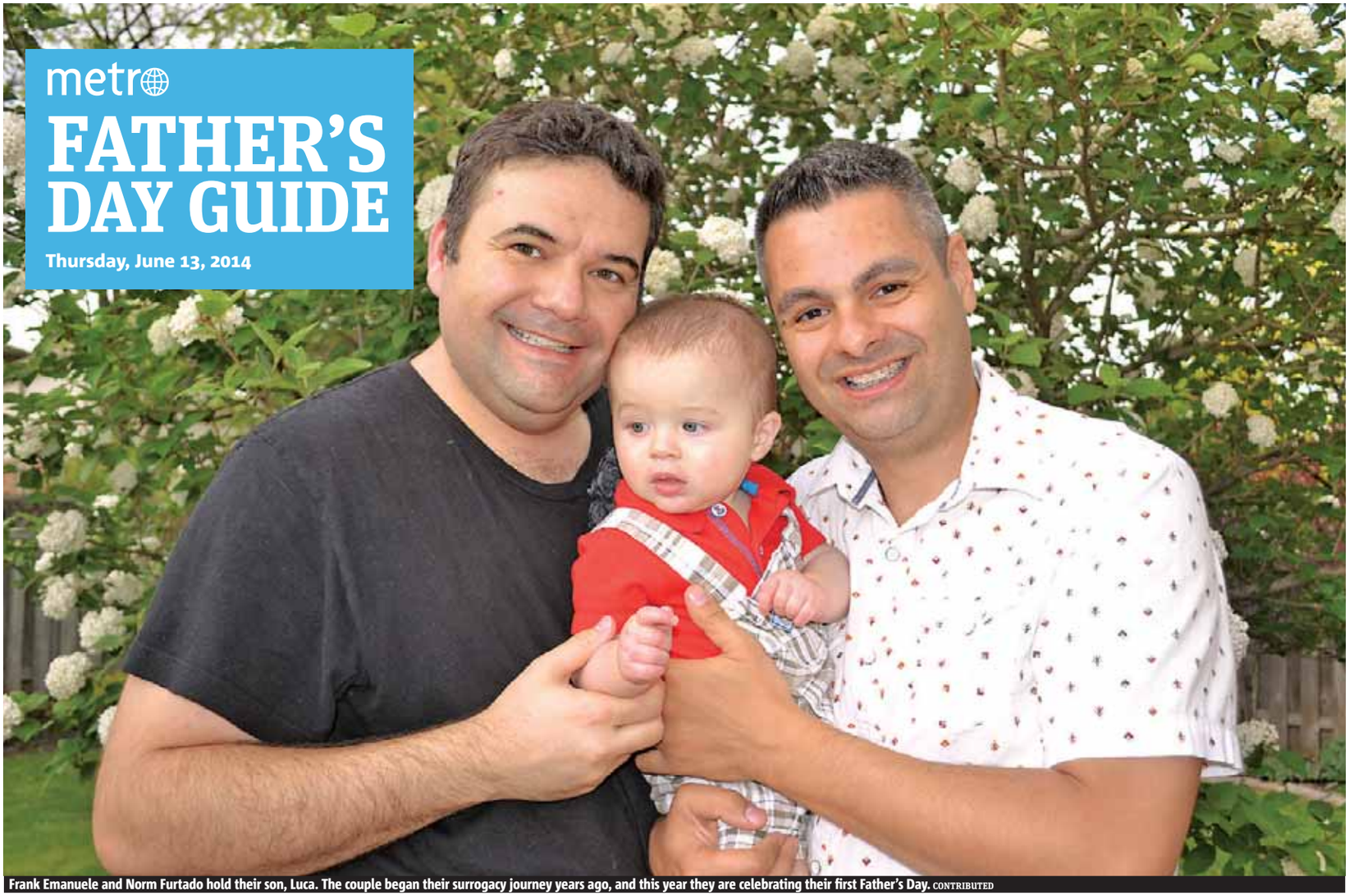
ASK THE BUTCHER AIRS TUESDAYS AT 8 PM & 8:30 PM EST ON GUSTO TV

Ingredients

- 4 grass-fed rib-eye steaks with bone in, about 360 g each
- Sea salt
- Extra virgin olive oil, for drizzle

Salsa
- 4 large vine-ripened tomatoes
- 1 small red onion, thinly sliced
- 100 ml extra virgin olive oil
- 1 1/2 tbsp chipotle chili
- 1 tbsp roughly chopped flat-leaf (Italian) parsley
- Juice of 1 lime
- Sea salt and white pepper powder, or to taste

metro
FATHER'S DAY GUIDE
Thursday, June 13, 2014



Frank Emanuele and Norm Furtado hold their son, Luca. The couple began their surrogacy journey years ago, and this year they are celebrating their first Father's Day. CONTRIBUTED

'I just realized, I am a dad now'

First Fathers' Day. London, Ont., couple shares trials and tribulations of finding a surrogate

KATE RAE
For Metro

Frank Emanuele, a teacher in London, Ont., always knew one thing for sure: He wanted to be a dad. One of the hardest parts about coming out in his early 20s, though, was the realization that, as a gay man, that wouldn't happen easily.

"I told myself I could adopt, but still. I thought I would being doing it alone."

For Norm Furtado, a family physician, becoming a father was never on the horizon. "It just wasn't something I thought about. I was so career-focused, and becoming a parent just wasn't in the picture. In fact, in my 20s, I would say I was pretty anti-kids. I had just come out and was developing who I was."

But in a sushi restaurant in London on one of the couple's early dates in 2005, everything changed for both of them. "Frank basically said, 'Look, I am having kids. This is where the train is going,'" Furtado said. "And I don't know my exact words, but I said, 'Yeah. I could have kids with you.' It suddenly seemed possible." And the journey began.

Years of research, heartbreak and baited breath followed as the couple navigated the complex world of surrogacy. Finally, they found their match online: Angela, a mother of four, who offered to be their "oven." Thanks to an egg donor and many tricky discussions and negotiations, the dream of becoming dads looked like it was finally going to become a reality.

Throughout the entire process, Furtado says, Emanuele had his eye on the prize the whole time, while he was more focused on the journey itself.

"I'm much more pragmatic," he says. "I was thinking about scheduling doctor's appointments and taking time off work. The process was really overwhelming. I wouldn't say I was excited, as much as I was anxious."

But as Angela's pregnancy progressed and hurdles were conquered, Furtado felt his anxiety waning and his excitement growing.

"I think before the baby came — when it was still theoretical — I only thought about parenting in terms of all of the extra work. But as soon as Angela started showing, I started thinking about other things, like school plays."

The labouring proved to be more complicated than with Angela's previous four pregnancies, and both dads were stricken with worry. But Furtado's recollection of the moment when his son was born is sharply focused and awash with love for both his husband and baby.

"I watched Frank the whole time. I remember the look on his face. I remember the way his hands fell open to welcome our child. I didn't stop to think about what I was feeling. When the moment came to cut the cord, our plan had been to have Frank do it — I didn't want to take that moment from him. But he had his hands full with Luca. It's something I've done many times before as a doctor without even thinking about it. But this time … Then Frank moved to a chair we'd set up so Luca could have skin-to-skin contact with him and when that floppy, wet baby was placed on his belly, I just realized, 'I am a dad now.'"

The dads' conversation before fatherhood

"Frank basically said, 'Look, I am having kids. This is where the train is going.' And I don't know my exact words, but I said, 'Yeah, I could have kids with you.' It suddenly seemed possible."
Norm Furtado

Now, eight months into fatherhood, the two dads are starting to talk about adding to their family and giving Luca a sibling. Both are besotted.

"I describe fatherhood as 'new heights of joy balanced with new depths of fatigue,'" says Furtado. "But at the end of the day, there is nothing more healing than playing with Luca and hearing him giggle."

"People talk about 'that moment' when you suddenly feel like a parent," Emanuele says.

"I never had that. The moment Luca was born, I was so ready. It was 'OK, here we go.' Life is different, of course."

This Father's Day — their first as parents — will be spent at a cottage with their friends Emily and Andrea, a couple whose three-year-old daughter for whom Emanuele was the donor.

"I knew that I couldn't ask anyone to help me have a baby, if I wasn't willing to do the same for another family," Emanuele added. This year, the two couples and two kids will all celebrate Donor's Day and Father's Day together.

"We always say that we don't have a family tree," Emanuele says. "We have a family vine."

Spoil dad on his special day

Grooming goods. These gifts will make dad the most immaculately preened man in the world

JANINE FALCON
For Metro

Jack Black Deep Dive Glycolic Facial Cleanser is ideal for oily skin as well as dry. Glycolic acid smooths, prevents clogged pores and evicts dry patches, too. $20 at Hudson's Bay, Holt Renfrew and Sephora.

Clark & James Garconnière Cotton Soap Rope brings back that soap-on-a-rope concept in a fresh, cool, planet-friendly way. $16 via clarkandjamesco.com.

The Gillette Fusion ProGlide with FlexBall Technology is a next-level razor that smoothly navigates facial contours to deliver an ultra-close shave on the most sensitive skin. $19.99 at drugstores and mass retailers.

The Blind Barber Shave Kit pairs rich Watermint Gin shave cream with a moisturizing Aftershave Soother. Stop by the popular East Village barbershop and cocktail parlour on your next NYC trip. $50 at 6ByGeeBeauty

Captain's Choice Original Bay Rum Aftershave combines vintage and modern with a side of "aye-aye, matey" in an invigorating yet soothing natural brew. $17.95 via menessentials.ca.

Eminence Neroli Age Corrective Eye Serum, hydrates, softens and smooths under-eye skin. It was a hit with Fassbender and Jackman on the set of X-Men: Days of Future Past. $58. 1-888-747-6342

Clinique For Men Oil Control Mattifying Moisturizer feels light on skin and provides essential hydration as it tempers shine. $31 at department stores, Sephora and Murale.

Imperial Barber Products Fiber Pomade adds lightweight texture, subtle shine, and restyle-ability when the ball cap or motorcycle helmet comes off. $24 via menessentials.ca.

Hermès Terre d'Hermès Eau Tres Fraîche is a zesty, more airy version of the classic original, with a slight trail appropriate for low-scent-tolerance zones. $124 at Hermès boutiques and Holt Renfrew.

Dolce & Gabbana Light Blue Light Blue Discover Vulcano bottles the balmy, sun-soaked mediterranean sea with vibrant splashes of Italian lemon and zingy ginger. From $77 at Holt Renfrew, Hudson's Bay, Shoppers Drug Mart, Jean Coutu and Sephora.

Clockwise from bottom left: Clark & James Garconnière Cotton Soap Rope, $16; Eminence Neroli Age Corrective Eye Serum, $58; Clinique For Men Oil Control Mattifying Moisturizer, $31; Imperial Barber Products Fiber Pomade, $24; Dolce & Gabbana Light Blue Discover Vulcano, $77; Jack Black Deep Dive Glycolic Facial Cleanser, $20; The Blind Barber Shave Kit, $50; and Captain's Choice Original Bay Rum Aftershave, $17.95.

Get creative. Skip generic gift

This year, you'd really prefer to bypass giving a tie. And the gardening tools. Instead, get creative for Father's Day and be inspired with these fresh takes on gifts to celebrate dad.

IF YOU INSIST ON A TIE... "For Father's Day a few years ago my wife bought a blank tie and let the kids scribble all over it," says Mike Reynolds, a dad blogger with puzzlingposts.com. "If a tie is to be bought, make sure the kids have a role in it. I love my tie!"

PICK UP LEGO... "I've got an affinity to all things Lord of the Rings and The Hobbit, so I've built a few sets with my oldest daughter and both of us have a blast doing it," says Reynolds. "It's a good way to extend the fun beyond just receiving the gift and into doing something."

What is dad's special hobby? If it is aerospace, Nanoblocks are a great gift for Father's Day.
CONTRIBUTED

CONSIDER A PHOTO FRAME... and have the kids decorate it. "That way the kids can personalize it and you can put in a picture that's important to you," suggests Ricky Shetty, a dad blogger at daddyblogger.com.

TAKE TO THE PAGE... "Have kids write their own stories to give to dad. I write stories with my girls all the time and every time they come up with a new idea, no matter how crazy it is, I fall in love with their stories," Reynolds says.

Dad blogger Mike Reynolds says let your kids contribute their creativity to a Father's Day gift.
CONTRIBUTED

"Once they're done you have a story to read with the kids whenever you'd like."

THINK OF EXPERIENCES...over giving dad a tangible gift. "What does your dad like to do? If he likes sports, then take him to a local sport event, or if he enjoys movies, take him out that night to see something," says Shetty. "Time-based gifts are also important—this way you can spend time with your dad."

ASTRID VAN DEN BROEK/FOR METRO

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Go, go gadgets

Useful toys. Tech gifts range from a laptop to a robot that cleans your grill

MIKE YAWNEY
For Metro

Forget the neckties and fancy pens, technology is quickly becoming the go-to gift for dads on Father's Day. Here are a few of the most useful tech gadgets you can surprise dad with this year.

SONY SMARTBAND ($99.99)

Perfect for dads with an active lifestyle, this activity tracker monitors your movements, as well as your sleep patterns. There are many trackers on the market, but what really sets this one apart is the fact that it tracks your entertainment, giving you an overall snapshot of your lifestyle right on your Android smartphone.

GRILLBOT ($129.95)

Take the grunt work out of cleaning your grill. Set this small rechargeable robot on your BBQ and stand back as it gets to work scouring backed on residue. The brushes are dishwasher safe, which makes cleaning a breeze. Comes in a variety of colours.

MOPHIE SPACE PACK ($149.95 AND UP)

The only case in the world which not only protects your iPhone, it expands the available storage. The Mophie Space Pack adds an additional 16 or 32GB to your iPhone to store everything from music, photos, videos and files. The case also contains an internal battery to double the life of your iPhone.

HTC ONE M8 ($699.99, NO CONTRACT)

This smartphone sports a sophisticated gun metal finish, perfect for dads who want style and performance. Dual front speakers provide an incredible audio experience, while the camera lets you focus on subjects after you snap the picture, allowing for truly creative photos.

MACBOOK AIR ($999.99 AND UP)

There's a reason the MacBook Air remains a favourite amongst those on the go. This ultra-thin laptop weighs a mere 1.08 kilograms (just over two pounds) yet it still has plenty of power. Apple recently updated the processor for added speed, plus it has a battery that will last up to 12 hours on a single charge.

PHILIPS VACUUM BEARD AND STUBBLE TRIMMER ($49.99)

Help dad look his best. This unique beard trimmer has a built-in vacuum to collect trimmings, ensuring the bathroom sink stays nice and clean. The blades are maintenance free, and can be set to 18 different pre-set lengths.

PEBBLE STEEL SMARTWATCH ($249)

The smartwatch that does much more than just tell time. With thousands of apps, you can get Pebble to control your music, track your activities, or notify you when your favourite team scores. On top of that, the metal and leather finish will look great on any dad's wrist.

GAME GOLF ($259.95)

Help dad stay on top of his golf game. This system uses special Near Field Communication tags on each club to determine club usage, distance hit and putts per hole. Once you finish a round, you can track your overall performance right on your iPhone or brag about your progress online with family and friends.

BABOLAT 'PLAY PURE DRIVE' TENNIS RACQUET ($450)

The world's first connected tennis racquet features sensors integrated into the handle to track power, where the ball hits the racquet head, along with other stats, rating your overall technique. The racquet works in unison with both Android and iOS devices.

Clockwise from bottom left: Babolat 'Play Pure Drive' tennis racquet, $450; Mophie Space Pack, $149.95; Macbook Air, $999.99; Grillbot, $129.95; HTC One M8, $699.99; Sony Smartband, $99.99; Philips Vacuum Beard and Stubble Trimmer, $49.99; and Pebble Steel Smartwatch, $249.

Game Golf, $259.95.

YOU'RE NO BARTENDER
but
YOU CAN MAKE
THE BEST ROOT BEER FLOAT.

HAPPY FATHER'S DAY

sodastream

Don't let Father's Day fall flat this year.
Visit sodastream.ca
to give the gift of better bubbles.

Gifts to make dad glad

Swatch Big Classic "CatherBlack", $135, at Swatch Boutiques across Canada, or swatch.com.

Ryobi 18V Hybrid Trimmer, $139, at Home Depot (homedepot.ca).

UMBRO FUTBOL T-Shirt $34.95, available at Gap stores across Canada, or gapcanada.ca.

DEWALT T-Stak Storage System, $149.99, at Lowe's stores across Canada or dewalt.com.

Swim Trunks (Hawaiian pattern), $12, at Joe Fresh stores across Canada or joefresh.com.

Men's Fedora, $19.94, at Old Navy stores across Canada, or oldnavy.ca.

Weber 14.5" Smokey Mountain Cooker, $289. Go to weber.com to locate Weber dealers across Canada.

Deck Shoes (tie-dye), $29. Available at Joe Fresh stores across Canada or joefresh.com.

Beer Tender by Krups, $149.95. Available at Crate and Barrel stores across Canada, or crateandbarrel.ca.

Pitt Mitt Grilling Glove, $17.95 each. Available at Crate and Barrel stores across Canada, or crateandbarrel.ca.

Enviro Dad blogger, Eric Novak, of Ajax, Ont., and his children share time together, creating a big splash in their backyard pool. CONTRIBUTED

Celebrate dad differently

Memories. Father's Day may mean finding a new way to honour or remember your loved one

ASTRID
VAN DEN BROEK
For Metro

Perhaps you don't have a father in your life, but you do have an uncle who helped raise you Or maybe, sadly, this is the first year spent without dad by your side. When it comes to celebrating Father's Day this year, who says it has to be a dads-only event? Here are some tips to toast dads-of-all-stripes, whether they're with you, in-person, or not.

Think about a donation

Looking for a way to honour your father? Perhaps make a donation to his favourite charity in his memory or plant a tree either in your yard or in a memorial forest. Or, if your father lived with a chronic illness, consider raising money and running a race in his memory, while supporting a good cause.

Take in an experience

Try reliving an experience with your beloved relative. "Growing up, for many years my father was never in my life," says Eric Novak, blogger and editor of envirodad.com. "I had a Big Brother through the United Way and an uncle who filled in those roles. And for my Big Brother and me, our favourite thing was to go to Exhibition Stadium and sit in the grandstands and eat steamed foot-long hot dogs."

Be creative

When celebrating a unique father-figure in your life, dad Ricky Shetty, a blogger with daddyblogger.com, suggests to keep your mind open. "Think of these three tips: the more personalized the better, the more creative the better, the more unique the better," says Shetty.

Write a letter

This applies to someone who is still in your life, or who has passed away. Take a bit of time to put together a letter outlining how much you appreciate them in your life and thanking them for what they've done for you. And if your father has died, don't be afraid to purchase a Father's Day card and slip it in the same envelope.

Do what feels right

The website, ourhousegrief.org — the site for the California-based Our House Grief Support Center — suggests doing something tangible to remind yourself of your parent who's long gone. Think of tapping into those memories through your senses by taking a whiff of dad's favourite cologne or ordering and devouring his favourite pizza.

Campaign. Dads speak out for their daughters

Renowned Canadian dads — from political leaders and philanthropists to musicians and sports coaches — are uniting for their daughters, backing a global initiative, Fathers Empowering Daughters. It launched Wednesday by G(irls)20 — a summit mobilizing girls around the world to become the next leaders.

The campaign celebrates the powerful force fathers can play in the advancement of their daughters, calling on dads to showcase how they've helped their daughters succeed, while encouraging daughters to tell stories about their fathers empowering them. Stories are being shared in self-recorded videos, with kick-offs from the likes of Richard Branson, Ziauddin Yousafzai (Malala's father), Chelsea Clinton and Shakira.

Those high-profile Canadians dads taking part include Prime Minister Stephen Harper, Liberal leader, Justin Trudeau, musician Sam Roberts, Blue Rodeo frontman Jim Cuddy, producer and composer David Foster and B.C. Lions coach, Wally Buono. Even the campaign's theme song — Little B — has a Canadian touch, co-written by songtress Sarah McLachlan and philanthropist and businessman Frank Guistra.

"This campaign engages men in a unique, personal and meaningful way," said Farah Mohamed, CEO of G(irls)20. "Fathers can play an important role in encouraging daughters to realize their dreams, no matter how big or small, and this Father's Day we celebrate that."

The initiative is in run-up to the G20 this August, where G(irls)20 will address how to economically engage and empower girls and women around the world to achieve their goals. Visit fathersempoweringdaughters.org. METRO

YOU'RE NO BARTENDER
but
YOU CAN MAKE
ANY FIZZ TASTE BETTER.
Serve in a jar with a pretty straw.
Garnish with random herb (rosemary, mint, basil, cilantro).
Add your favourite flavour.
Fizz some water.
HAPPY FATHER'S DAY
sodastream
Don't let Father's Day fall flat this year.
Visit sodastream.ca
to give the gift of better bubbles.

That's one manly sandwich!

Chivito. This Father's Day, treat dad to Uruguay's amazing steak and egg sandwich

"Simply defined, the chivito is a steak sandwich — the way the Super Bowl, simply defined, is a football game. You start with thin-sliced steak and pile on bacon, eggs, cheese, lettuce, tomato, roasted peppers, and mayonnaise. It makes a Philly cheesesteak look downright anorexic," writes Steven Raichlen in his book Man Made Meals.

1. Cut the rolls almost in half through the side. Spread the cut sides of the rolls with the mayonnaise. Place a lettuce leaf on the bottom of each roll. Set the rolls aside while you cook the bacon, steak, and eggs.

2. Arrange the bacon in a single layer in a cold large skillet and heat over medium heat. Cook the bacon until it is crisp and browned, 3 minutes per side. Transfer the bacon to a plate lined with paper towels to drain. Leave the bacon fat in the skillet.

3. Season the steaks with salt and black pepper to taste. Heat the skillet over high heat. Add the steaks to the skillet and cook until done to taste, 2 minutes per side for medium.

4. Place the steaks on the rolls, and top them with the bacon and cheese. Leave the fat in the skillet.

5. Once again, heat the skillet, this time over medium-high heat. Crack the eggs into the skillet and cook until the whites are crisp and browned on the bottom and edges, 2 minutes on the first side, 1 minute on the second side, carefully turning them with a spatula. Slide the eggs into the sandwiches on top of the cheese.

6. Top each egg with slices of tomato and a strip of red pepper, if using, and season the sandwiches with a little more salt and black pepper. Close the sandwiches and cut them in half before serving.

RECIPES PRINTED WITH PERMISSION FROM MAN MADE MEALS BY STEVEN RAICHLEN (WORKMAN PUBLISHING, 2014)

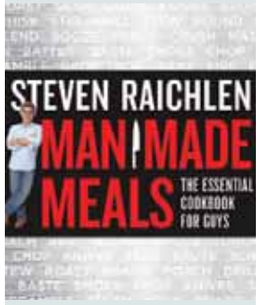
Ingredients

- 2 kaiser rolls
- 3 tbsp mayonnaise, preferably Hellmann's
- 2 Boston lettuce leaves, rinsed and patted dry with paper towels
- 4 slices bacon, cut in half
- 2 beef steaks (3 to 4 oz) cut or pounded 1/4 inch thick
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 slices Jack or mild cheddar cheese, each about 1 oz
- 2 large eggs
- 1 luscious red ripe tomato, thinly sliced
- 2 large strips roasted red pepper

This recipe makes two sandwiches — one for you and one for dad. LUCY SCHAEFFER

Cookbook of the Week

Inner workings of a man's kitchen



Man Made Meals offers guys everything they need to achieve confidence and competence in the kitchen. With the inclusion of tools and techniques, Steven Raichlen offers secrets from the pros that will help you understand flavours and flavour boosters, and enhance your recipe repertoire.

There are 300 recipes to choose from. Among them are: Blowtorch Oatmeal, Skillet Rib Steak, Beer Battered Fish, Loaded Potatoes, Rum and Coke Floats, Belgian Beer Brownies and more. **METRO**

This recipe makes about 4 cups. LUCY SCHAEFFER

Sangria for Grown-Ups

"Nothing says party time like ... sangria," writes Steven Raichlen in Man Made Meals "And few guys make it better than chef-owner Christian Thornton and sommelier John Clift at the restaurant Atria in ... Edgartown, Martha's Vineyard."

1. Slice the orange into wedges and, using a fork, remove and discard any seeds. Place the orange and sugar in a pitcher and muddle (mash) them with the back of a wooden spoon.

2. Stir in rum, ginger liqueur, and St-Germain liqueur and let macerate (steep) overnight in the refrigerator, covered.

3. When ready to serve, add ice cubes to pitcher. Add the Lambrusco, stir, and serve.

Ingredients

- 1 orange
- 2 tbsp sugar
- 3 oz (6 tbsp) dark rum, such as Myers's
- 3 oz (6 tbsp) ginger liqueur, such as Domaine de Canton
- 2 oz (4 tbsp) St-Germain elderflower liqueur Ice cubes
- 1 bottle (750 mm) Lambrusco wine, chilled

For your phone

Kitchen Knife Skills (iPad/iPhone; $4.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Enhanced with video lessons, this in-depth handbook teaches the impressive ability chefs have to slice, dice, carve, and butterfly their ingredients. Discover the tricks behind both Western and Japanese styles.

NHL

Sens GM open to dealing Spezza

Jason Spezza has requested a trade, and Ottawa Senators general manager Bryan Murray says he'll try to make that happen.

"I don't want to trade the guy, really, and I know I won't get the value, in all likelihood that I should get for him," Murray said Wednesday after the NHL general managers meeting. "But I think that Jason feels maybe there's a change that he would like to have happen, and if that's the case we'll try to do what we can."

Spezza has one year left on his contract at a salary of $4 million US.

THE CANADIAN PRESS

CFL labour dispute

League, players to vote on new deal

The CFL and its players will conduct their ratification votes on a new labour deal later this week.

Independent league sources requesting anonymity say the players will vote Thursday while the CFL's board of governors will do so Friday.

The CFL and CFL Players' Association agreed to a five-year contract Saturday. However, many players have spoken out against the new deal which calls for a $5-million salary cap, well below the CFLPA's opening demand of $6.24 million.

The CFL also got a major concession from the union on the gross revenue formula that would trigger the renegotiation of the cap or entire collective agreement.

THE CANADIAN PRESS

Los Angeles Kings captain Dustin Brown has stepped up in the playoffs after an underwhelming regular season. HARRY HOW/GETTY IMAGES

Kings captain catching second wind in playoffs

Dustin Brown. Forward continues to command respect of teammates despite poor season

Dustin Brown is a couple of years older and might have some more grey hair than when the Los Angeles Kings won the Stanley Cup in 2012.

According to his teammates, not much else has changed about their captain.

"He's a soft-spoken guy, he's not going to be rah-rah-rah," defenceman Willie Mitchell said. "He has his own identity, and that's what I really respect about him is that he doesn't try and be someone he isn't. He's just himself and goes about it that way."

When Brown didn't produce up to expectations in the regular season — 15 goals and 12 assists in 79 games — Los Angeles finished third in the Pacific Division.

In these playoffs, though, Brown had five goals and eight assists going into Wednesday night's Game 3 of the Stanley Cup final. That's not the stuff of Conn Smythe Trophy fame, but it's one piece of the Kings' post-season run.

Wednesday's game

For coverage of Game 4 of the Stanley Cup final go to metronews.ca

Coach Darryl Sutter said he and Brown discussed the subpar regular season and managed to put it into the proper perspective.

"The only thing that made the difference then was making the playoffs. Where he was going to make the difference was for our team to make the playoffs and then be a forceful player at playoff time," Sutter said. "The type of person he is, that's deep down what he wanted. Nobody was more dissatisfied with his regular season than Brownie was."

To a man, Brown's teammates know the 29-year-old didn't have the best season.

Winger Justin Williams said Brown "could have wilted and went away and said, 'This isn't my year, pack his bag.' Instead he said, 'I'm going to do this, play whatever role I need to play and help this team."'

THE CANADIAN PRESS

Danny Green of the Spurs goes to the basket against Chris Bosh of the Heat during Game 3 of the NBA Finals on Tuesday in Miami. Scan the image with your Metro News app to find out the origins of players on one of the most culturally diverse teams in the NBA, the Spurs. ANDY LYONS/GETTY IMAGES

Miami coach forces Heat to relive Game 3 blowout

LeBron James has learned an important lesson during his journey from 19-year-old rookie to two-time NBA champion: Never talk back to the coach during a film session.

"Let him make his point, whether he's right or wrong, and you live with it and move on," James said.

Especially when the coach has as much to show his players as Erik Spoelstra did to James and the Miami Heat on Wednesday.

Miami's defence didn't offer much resistance early in Game 3 of the NBA Finals; the San Antonio Spurs played like they were on the court by themselves. San Antonio made 19 of its first 21 shots and shot a finals-record 75.8 per cent in the first half of a 111-92 victory.

TV numbers

14.9M

The NBA Finals is averaging 14,921,000 viewers per game.

Just like last year, Game 3 was a blowout that left the Heat facing a 2-1 deficit. Miami came back to win the series, so nobody was overreacting to what happened Tuesday, especially since the Spurs themselves don't expect to shoot that way again. But the Heat have things to clean up before Game 4 on Thursday, or they risk going back to San Antonio facing the end of their title reign.

"For us, we have to make the adjustments," James said.

THE ASSOCIATED PRESS

4 SPORTS

‘Unpredecented number.’ World Cup ticket requests high, some games not sold out

Tickets remain available for more than 15 World Cup matches just a day before the tournament opener, including some involving Germany, Italy and France.

FIFA said it already sold more than 2.9 million tickets, but some were still on sale Wednesday.

There were plenty of tickets for matches between less-prominent nations, including Bosnia-Iran and Greece-Ivory Coast, but it was also still possible to attend games with some of the more traditional teams. Fans could still get tickets on FIFA’s website for matches such as Germany-Ghana, Switzerland-France and Italy-Uruguay.

Only tickets for the highest-priced categories remained available for the better matches.

FIFA said last week that nearly 1,400 people were told to change their tickets because they were handed out before work in some of the stadiums was completed. It said seating configurations changed after technical teams established exactly where the media tribunes and broadcast equipment had to be placed in each of the 12 venues. THE ASSOCIATED PRESS

Ticket sales

FIFA has estimates it will sell a total of 3.1 million tickets to 2014 World Cup games. Of those sold so far:

- 60 per cent to Brazilians
- 197,000 to Americans
- 2.2 million sold directly via FIFA.com

‘Patience will be tested.’ Adam Scott prepares for his worst tournament

Adam Scott is trying to build a golf game that can travel to any golf course in the world for any tournament.

He can only hope it knows the way to Pinehurst No. 2. Or any U.S. Open course, for that matter.

Scott goes into this U.S. Open as one of the favourites because of his game, his form and his world ranking. The Australian didn’t reach No. 1 in the world by accident. He has won six times around the world in the last two years and thrived in the majors.

He won the Masters last year for his first major. He could easily have won the last two U.S. Opens. He was in the hunt at the PGA Championship last year at Oak Hill.

First-ranked golfer Adam Scott
CHARLES RIEDEL/THE ASSOCIATED PRESS

But Scott hasn’t broken 70 at the U.S. Open in five years. He has missed the cut as often as he has made it — six times each. And in those six times he completed 72 holes, he has yet to finish under par. His best performance was a tie for 15th. THE ASSOCIATED PRESS

L.A. Clippers sale

Sterling mentally incompetent, says wife’s lawyer

A trial will be held next month to determine whether Donald Sterling, who opposes his estranged wife’s planned sale of the Los Angeles Clippers, was properly removed as an administrator for the family trust that owns the team.

An attorney for Sherry Sterling went to probate court Wednesday to request a trial to confirm that as sole trustee she can proceed with the $2-billion sale to former Microsoft CEO Steve Ballmer.

Her lawyer, Pierce O’Donnell, said three doctors have filed reports saying Donald Sterling lacks the mental capacity to be a trustee. THE ASSOCIATED PRESS

The Blue Jays’ Jose Bautista hits an RBI double against the Minnesota Twins in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Blue Jays barely avoid shutout

Minnesota wins series. Jays’ recent losses weakens their division lead over New York and Baltimore

The Toronto Blue Jays want to put a couple of series losses behind them as they head out for a 10-game road trip that should give them a good idea of whether they’re actually ready to be a contender in the American League East.

Toronto dropped a 7-2 decision to the Minnesota Twins on Wednesday afternoon, with only a pair of late runs preventing a second straight shutout loss.

Josh Willingham belted a two-run homer in the first inning and Kendrys Morales hit a bases-clearing double in the seventh as the Twins took the rubber game of the three-game series. Twins starter Phil Hughes (7-2) struck out nine and allowed seven hits over seven shutout innings.

On Wednesday

Twins	Blue Jays
7	2

With the loss, Toronto’s lead atop the division standings fell to five games over Baltimore and New York. The Orioles were home to Boston on Wednesday night while the Yankees were in Seattle.

The Blue Jays will play Baltimore and New York next week before closing out their trip against the Cincinnati Reds.

“We’ll see how good we are,” said Toronto manager John Gibbons. “We’re playing a couple good teams in our division. We’ve got a small little lead on them but they’re right there. So we need to play good baseball on this road trip, especially the way the last four or five games have gone.

“For our psyche more than anything else we need to regroup and put a couple good ball games together.”

Toronto (39-28) has been giving up early leads of late, with the opposition scoring first for the seventh straight time Wednesday. THE CANADIAN PRESS

The Blue Jays’ Jose Reyes slides headfirst into home plate.
CARLOS OSORIO/THE ASSOCIATED PRESS

Are headfirst slides worth it?

Even Pete Rose, the man who made the headfirst slide fashionable, says there’s a time and place to be prudent.

“You don’t want to slide headfirst into shin guards,” said Rose, who played the most games in big league history.

Since Rose’s time it’s become common in the majors for runners to fling their arms out, lead with their faces and hurtle toward bases.

But at what price?

Bryce Harper of the Washington Nationals, Yasiel Puig of the Dodgers and Josh Hamilton of the Angels are among the stars who have gotten hurt sliding that way this year and they are far from alone.

So many injuries, in fact, that many wonder whether the move is safe, or should be banned.

Whichever way a player does it, Rose still believes there are benefits to going headfirst. Runners can adjust in mid-slide to avoid a tag, and Rose says they might have an easier time seeing the ball. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may be doing well financially but there is a danger you will take one risk too many and undo much of the good work you have done in recent weeks. Self-belief is great but too much can be self-defeating.

♉ Taurus
April 21 - May 21
The planets warn you may do something so out of character today or tomorrow that even those who know you well will be shocked. Hopefully it won't damage your reputation.

♊ Gemini
May 22 - June 21
Jupiter in the main financial area of your chart suggests you could come into money today but it also warns you could lose it as quickly as it arrives. Don't let rivals play on your greed.

♋ Cancer
June 22 - July 23
A friend will offer you great advice but because it isn't what you were hoping to hear, you may ignore it. Almost certainly tomorrow's full moon will make sure you regret it, so don't let your ego get in the way of facts.

♌ Leo
July 24 - Aug. 23
You may be tempted to push yourself both physically and mentally, but is that such a good idea? You are already moving fast and living close to the edge. One wrong step could send you over the precipice.

♍ Virgo
Aug. 24 - Sept. 23
If you want to get the most from the day focus your energy in a single direction and put less important matters on the back burner for a while. If you crave success you have to be ruthless.

♎ Libra
Sept. 24 - Oct. 23
You are attaching too much importance to issues that only a few days ago would have meant nothing. Why that should be is impossible to say but you need to ease up a bit.

♏ Scorpio
Oct. 24 - Nov. 22
The approaching full moon warns your big ideas need to be brought down to earth. Inject some reality into your thinking over the next few days. You won't get rich on dreams alone.

♐ Sagittarius
Nov. 23 - Dec. 21
A lot of good things have been happening but tomorrow's full moon in your sign will confront you with an issue that is unlikely to have a happy ending. Decide what's best for you and those you love, then act accordingly.

♑ Capricorn
Dec. 22 - Jan. 20
There is a danger that you will start believing that nothing bad can happen. That kind of thinking is guaranteed to set off a cosmic chain of events designed to remind you that few things are written in stone.

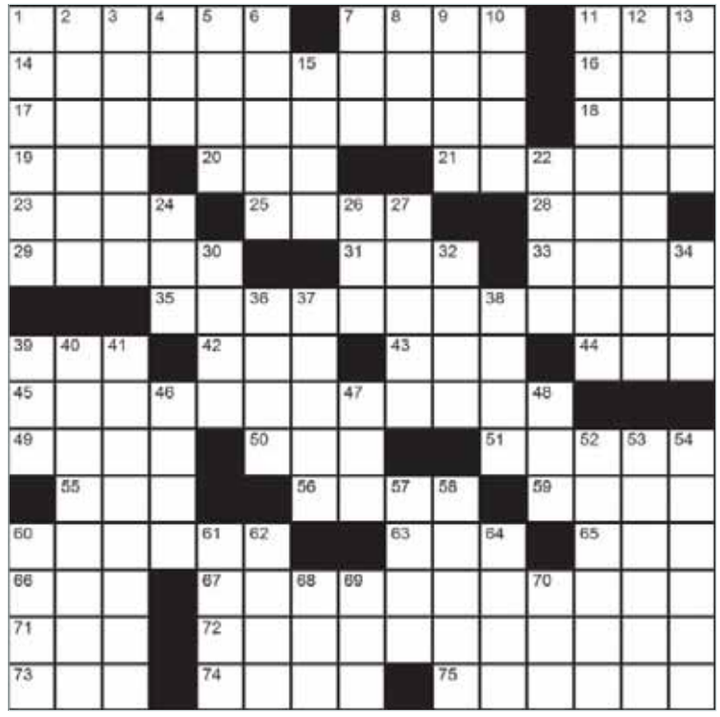
♒ Aquarius
Jan. 21 - Feb. 19
Don't let anyone tell you that you do not deserve your good fortune, because luck has nothing to do with it. The fact is you deserve every good thing now coming your way.

♓ Pisces
Feb. 20 - March 20
There are a lot of things going on behind the scenes and with tomorrow's new moon you could find yourself involved in plots and conspiracies. Make a point of taking none of it too seriously. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

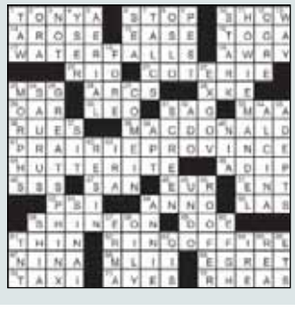
BY KELLY ANN BUCHANAN



Across
1. Reversible patterned fabric
7. Poetic foot
11. Utah's cap.
14. June 12th, 2014 in Ontario this year: 2 wds.
16. Golf club part
17. Hits for this Canadian band include a cover of The Rolling Stones song at #35-Across
18. Ms. Landers
19. Beatles: "_ __ Mine"
20. Eastern prov.
21. Become soggy: 2 wds.
23. Survive
25. Saturate
28. '_' __ in Edmonton
29. Loosen
31. Mr. Howard
33. City haze
35. As per #17-Across, it goes: "Down to me, the change has come...": 3 wds.
39. Panda symbol org.
42. Mr. Knotts
43. Honey maker
44. Parisian possessive
45. Nova Scotia: Eglise Sainte-Marie is North America's largest what?: 2 wds.
49. 'Switch' suffix
50. Blinker
51. Emcees
55. Mil. titles
56. Millennium divs.
59. "Magnum, P.I." setting
60. Swedish tennis great Stefan
63. Old high note
65. Mai __ (Cocktail)
66. Here: Spanish
67. Tailoring tasks
71. __-de-sac
72. Songbirds listed as 'Threatened' on Ontario's Species at Risk list, Eastern __
73. Monogram of the horror author (b.1890 - d.1937) who created the monster Cthulhu
74. Fasteners
75. Actor Gary

Down
1. "I Love Lucy", A __ Production
2. Director Robert
3. "Not the __ hint of a..."
4. High card
5. Pace
6. Sky high toys
7. 'Benedict' suffix
8. Li'l court prosecutor
9. Ms. Helgenberger
10. Memory unit
11. BC: Granite monolith in Squamish, __ Chief
12. Elvis: "Are You __ Tonight?"
13. Penny
15. "Love Rollercoaster" by The __ Players
22. Musician/radio personality John
24. Ancient war god
26. Coming-in-plane, e.g.
27. Dried seaweed
30. Michael __ (The Neverending Story author)
32. Big Apple denizen
34. Theatrical monogram
36. Exhausted
37. Britannica, e.g.
38. __-savvy
39. Vince McMahon's org.
40. 2014 FIFA __ __ Brazil
41. As per #40-Down, the second 'F' of FIFA
46. Amount of medicine
47. "__ Haw"
48. Owl's chirp
52. Enlightenment, in Zen Buddhism
53. "I appreciate that"
54. Geneva's country, in French
57. Roman ruler
58. Deli side orders
60. Per
61. Highway exit
62. Hilarity
64. Mythical Hun king
68. Identify
69. Mr. Begley Jr.'s
70. Singer Janis

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		1		5				
			4				8	
	5			2		7		
9		3	6		2	5		
	7						9	
		4	7		9	3		2
		5		8			2	
	3				1			
				7		8		3

Yesterday's Sudoku

6	5	7	2	8	1	9	4	3
3	2	1	4	9	5	6	7	8
8	9	4	3	7	6	1	2	5
2	8	5	6	4	7	3	1	9
7	6	9	1	5	3	4	8	2
1	4	3	8	2	9	7	5	6
5	3	8	9	1	4	2	6	7
9	1	2	7	6	8	5	3	4
4	7	6	5	3	2	8	9	1

OTTAWA'S LOCAL HYUNDAI DEALER

HYUNDAI ON HUNT CLUB

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2014 ELANTRA L

OWN IT FOR...
$69 BIWEEKLY + $0 DOWN + 0% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $425

ELANTRA L SELLING PRICE $14799, $2325 STACKABLE REBATE. ALL FEES INCLUDED, C.O.B. $0 PLUS HST

2014 ACCENT 4 DOOR L

OWN IT FOR...
$59 BIWEEKLY + $0 DOWN + 0% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $425

ACCENT 4 DOOR SELLING PRICE $12849, $1824 STACKABLE REBATE. ALL FEES INCLUDED, C.O.B. $0 PLUS HST

2014 VELOSTER

OWN IT FOR...
$109 BIWEEKLY + $0 DOWN + 1.99% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $500

VELOSTER L SELLING PRICE $20899. ALL FEES INCLUDED, C.O.B. $1736 PLUS HST

2014 SONATA GL

OWN IT FOR...
$122 BIWEEKLY + $0 DOWN + 2.99% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $500

SONATA GL SELLING PRICE $23034, $2150 STACKABLE REBATE. ALL FEES INCLUDED, C.O.B. $2910 PLUS HST

2014 TUCSON GL FWD

OWN IT FOR...
$115 BIWEEKLY + $0 DOWN + 2.90% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $600

TUCSON GL SELLING PRICE $21794, $900 STACKABLE REBATE. ALL FEES INCLUDED, C.O.B. $2668 PLUS HST

2014 SANTA FE 2.4 AUTO

OWN IT FOR...
$149 BIWEEKLY + $0 DOWN + 2.99% FINANCING FOR 96 MONTHS + 0 PAYMENTS UNTIL AUGUST + $0 AT THE PUMP FOR UP TO 90 DAYS VALUE OF $650

SANTA FE 2.4 AUTO SELLING PRICE $32194, ALL FEES INCLUDED, C.O.B. $3257 PLUS HST

0* PAYMENTS UNTIL AUGUST

+

0%† PURCHASE FINANCING FOR 96 MONTHS

+

$0 DOWN

+

$0‡ AT THE PUMP FOR UP TO 90 DAYS ON SELECT 2014 MODELS

CALL OUR SAME DAY SERVICE HOTLINE
NO MATTER WHERE YOU BOUGHT YOUR HYUNDAI, YOU'RE IN THE SAME DAY!
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WE WILL DO ANYTHING AND EVERYTHING TO EARN YOUR BUSINESS

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GRADUATES GET UP TO AN EXTRA $750 OFF

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DEMAND FOR QUALITY PRE-OWNED VEHICLES IS AT AN ALL TIME HIGH! WE'LL BUY YOUR CAR, EVEN IF YOU DON'T TRADE IT IN!

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